

redbook

A full-page photograph of actress Anna Faris. She is standing on a white step ladder, leaning against it with her left hand on her hip and her right hand holding a paintbrush. She is wearing a red dress with a purple abstract pattern and tan high-heeled sandals. The background is a solid blue wall.

3 PROVEN
WAYS TO A
FLAT BELLY

THE BEST COLORS FOR YOU

- Bright clothes that slim you
- Mood-boosting home ideas
- Super-flattering makeup

**Anna
Faris**

"We were
so scared!"
The *Mom*
star on the
day that
changed
her life

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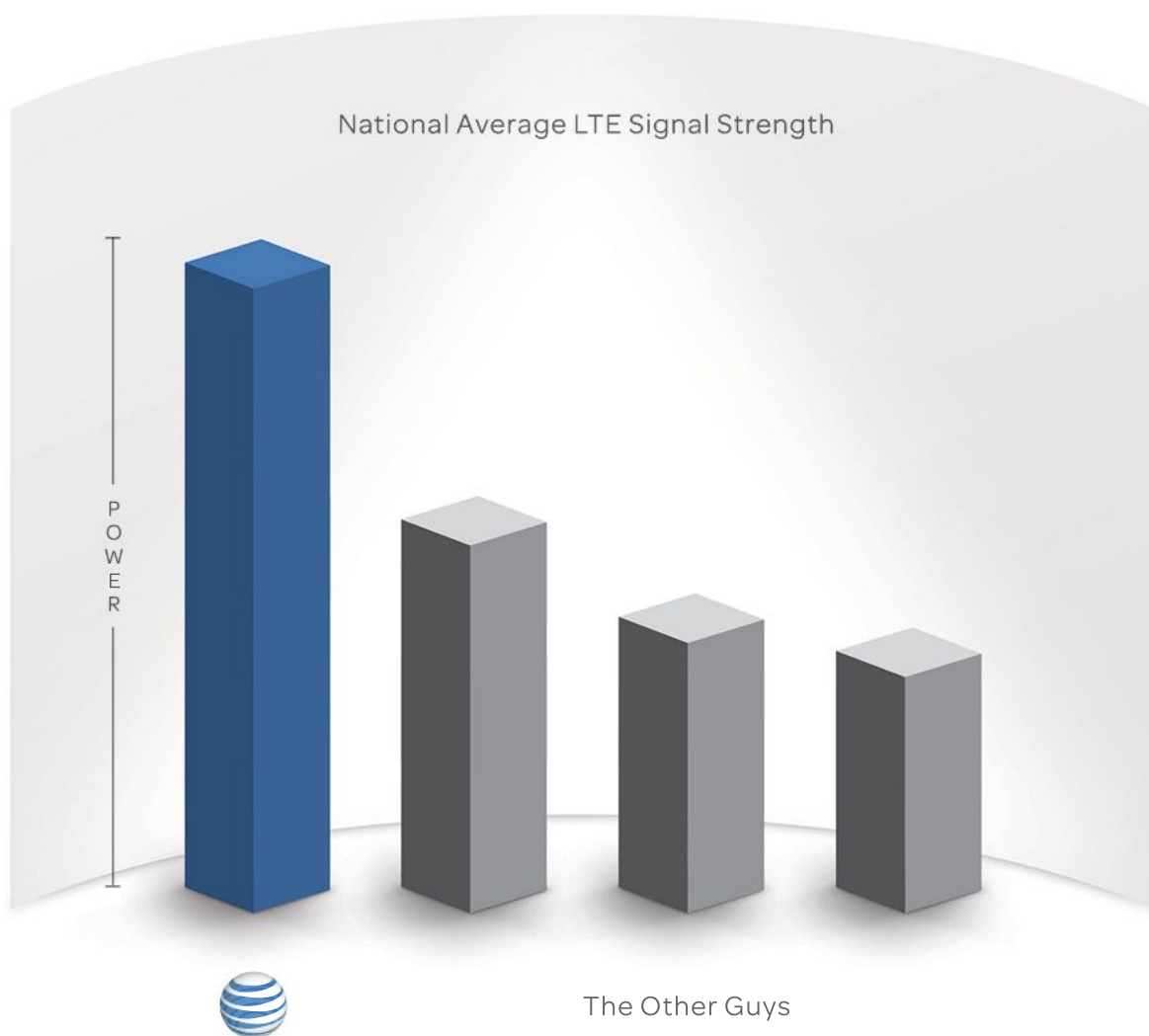
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MARCH 2015

contents



On the cover

Anna Faris p. 106
3 proven ways to a flat belly p. 95
The best colors for you p. 50
Bright clothes that slim you p. 62
Mood-boosting home ideas pp. 127, 130

Super-flattering makeup p. 36
Breathe easier, sleep better p. 86
Anti-aging miracles under \$10 p. 42

Team Red

22 Find your perfect skirt!
 Celeb stylist Brad Goreski shows you the best style for your (cough, cough) assets.

24 Your lips can be full and sexy Four quick steps for a luscious kisser, courtesy of makeup artist Mally Roncal.

26 Ali's get-fit confessions
 Fad diets, training fails, and more. Alison Sweeney shares, to save you from yourself.

28 Now that's a cute coatrack And it requires zero tools or special skills to make. Emily Henderson demonstrates.

30 The best new dish for cold days You'll want to send Carla Hall a thank-you note after cooking up her spiced lamb stew. It's that good.



30

Beauty

33 Purple works on everyone It's true! Try one of these positively royal shades.

34 Beauty under \$25
 Fresh, thrifty buys for you.

36 Be bright & beautiful
 A woman cannot live on neutrals alone. We've found the most flattering pops of color for your lips, eyes, nails, and more.

42 Incredible and doable anti-aging tips Drinking coffee is one. Who knew?

44 Hold up... is Christie Brinkley seriously 61?!
 Yes, and she's spilling her secrets.

46 5 beauty tricks I just learned A D.I.Y. body scrub, new lush mascaras, plus win a stress-relieving and amazing-smelling fragrance.



33

Fashion

49 75 ways to love what you wear Welcome to Style School!

50 Find your best colors Look for your skin tone, then prepare to stand out, in a totally chic way.

54 Step up your work look More color = more confidence. Bam.

56 Remix a blue oxford Take it from girly to edgy like this.

60 How to buy a vibrant bag Tips to find a designer (-looking) purse.

62 Highlight your favorite feature
 Our style crushes show you how.

64 8 bold pieces every woman needs So cute with your neutrals.

66 Feel amazing in colored pants It's all about the perfect cut.

68 Fashion under \$50

74 Foolproof brights Ease yourself in, or go full force. Either way, you're going to look radiant.

82 What we love at Loft Discount!

74



MARCH 2015 contents

Body

85 Eat cheese. No, really! We're so excited about this.

86 What doctors tell their friends about allergies Breathe easy, we've got you covered.

88 Stand taller, look thinner, feel better All with

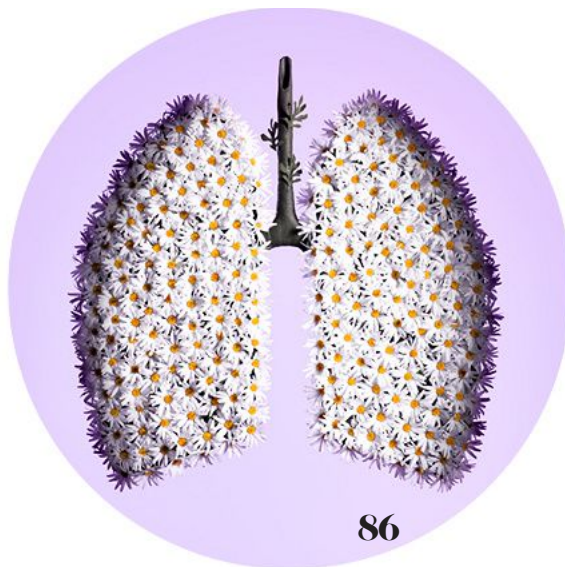
one move you can do while you're waiting on the Keurig.

90 March's superfood It's cauliflower. Plus, a handy food-label road map.

92 Hungry Girl Lisa Lillien's go-to dinner for especially busy nights.

95 Your custom flat-belly plan Finally, the solution for your brand of flab.

100 5 choices to make for great health Part #fitspo, part #eeeats, all super-simple.



86



122

Life

105 Be happier in one click We promise!

106 Funny mom Mom and *Mom* star Anna Faris has a hot husband (Chris Pratt, swoon), an adorable kid (Jack, double swoon), and an amazing perspective on all of it.

110 Plan an awesome family vacation Four whine-proof destinations and the most memorable things to do when you get to them.

116 She's cracked the code to girls' success Kimberly Bryant encourages young women to embrace their smarts. She's amazing.

118 "I lost everything and found who I was meant to be" Carol Perkins on the puzzling illness that turned out to be the best worst thing that ever happened to her.

122 8 signs your marriage has changed Aaron Traister on oddball milestones.

124 5 ways to have a beautiful life What to read and do for a world-changing month.

At home

127 Spray-paint makeovers You won't believe the awesome things a can of spray paint can do.

130 Home under \$100 Perk up a dreary corner with one of these steals.

132 The make-ahead dinner party Send out the invites, set the table, and get cookin'. A master chef helps a newbie dish up a *perfecto* night with friends.

140 Healthy-dinner express Cannellini beans are the unsung hero of dinnertime.

142 Perfect pair Collars and leashes! (On adorable dogs, of course.)

144 5 reasons to adore your home more Including a recipe for happiness.



127



142

In every issue

10 Editor's notebook Step away from the black pants and gray sweater.

14 Reply all Tweets, letters, and great advice (from you *and* us).

16 REDBOOK online Like us on Facebook! We're having so much fun.

146 Shop the issue Plus, snag Anna's adorable cover look for yourself.

148 Spill your secrets! How your friends are *really* spending their time.

Cover: Anna Faris photographed by Matt Jones. Hair: Mark Townsend for Dove Hair Care at starworksartists.com. Makeup: Georgie Eisdell for Lancôme at The Wall Group. Set design: Bette Adams at Mary Howard Studios. See shopping guide, page 146, to get her cover look.

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Be brave, live colorfully

See that picture of me over there? Let me tell you: That outfit is a total anomaly. It's a rare day when I don't wear something black, or gray, or grayish black. Like many women, I convinced myself ages ago that those drab-but-useful colors are easier. They're slimming. They all sort of go together. And if you are, like me, a total klutz, they hide stains pretty well. Defaulting to a wardrobe of neutrals simplifies outfit-making, and at this point in my life I can use all the simplicity I can get. But let's be honest: Dressing by default isn't all that much fun.

I look at the way my kids put themselves together—purple hoodie! orange jeans! green sneakers!—and it fills me with joy, even if it does make them look like the smallest enrollees in clown school. I want a little more of that sartorial happiness for myself. In fact, I think we *all* could use it. So this month, we've devoted a whole section to learning how to add color to your wardrobe. It's called Style School, and it kicks off on page 49. Our amazing fashion team swears that once you get over the shock of seeing something red or cobalt or sunshine yellow in your closet, you'll reach for those pieces every day—and love them. And so you'll find stories on the colors that make your skin glow (page 50), that play up your best assets (page 62), that'll probably get you promoted (page 54). The results are incredibly pretty, and pretty darn inspiring, too.

As for me, I'm going to try not to fall back into my gray/black/boring rut. The next time a casual Tuesday rolls around, I'll pick out something bright and mood-lifting, goose my confidence, take a mini risk. Life's too short to play it safe, at least where clothes are concerned. We all deserve to have fun and stand out from the crowd. Just promise you'll pretend not to notice the soup stains on my top.

Meredith

Meredith Rollins,
Editor-in-Chief
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🐦 @MCKRollins
📷 Meredithrollins

BABY-STEP YOUR WAY IN HERE...

These are so pretty for spring—and better yet, none of them hit the \$50 mark.



Dress, \$49.50; hm.com. Top, \$29.95; gap.com. Clutch, \$49; shiraleah.com.

Want more inspiration?

Our Style School experts are doling out wisdom every day on social media, so give them a follow.

- June Ambrose, stylist; Twitter and Instagram: @juneambrose
- Lela Rose, designer; Instagram: @lelarose
- Lisa Axelson, Ann Taylor creative director; Twitter and Instagram: @anntaylor
- Salvador Perez, costume designer; Instagram: @salvadorperezcostumes; Twitter: @MrSalPerez
- Tina Craig, style blogger; Twitter and Instagram: @bagsnob
- Trayce Field, costume designer; Twitter and Instagram: @trayceglfield



Okay, so blush pink isn't the boldest color... but it's a start!



Shop, save, and share from your phone

STEP 1

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STEP 2

Open the app and scan any page for direct links to buy products, share with friends, and get even more from REDBOOK.



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Be an at-home color pro with these simple steps to long-lasting color:

1

PRE-TREAT YOUR TRESSES

Before coloring, apply a pre-treatment to prep your hair for best results. **Clairol Age Defy Smoothing Pre-Treatment** softens strands, making it easier to get color through hair.

2

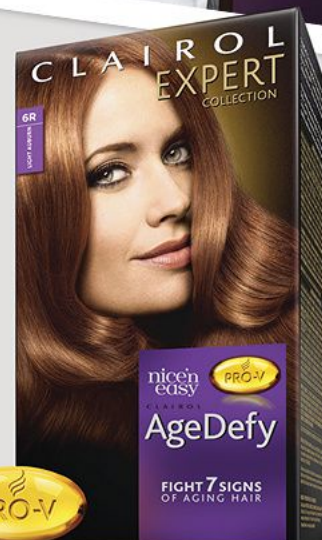
GET TO THE ROOT OF IT

Start by applying color to roots first before doing the length. This ensures even coverage since the ends absorb more color than the crown.

3

LOCK IN THE LUSTER

After the application time has elapsed, rinse hair with warm water, then apply a quarter-size of the **Pantene Pro-V™ ColorSeal™ Conditioning Therapy** to help lock in color and shine.



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BREAKING NEWS

THE **REVIEWS ARE IN** AND THEY'RE **GLOWING***



"In 30 years I have never found a hair coloring this good, not even professionally." - *Carolyn L*

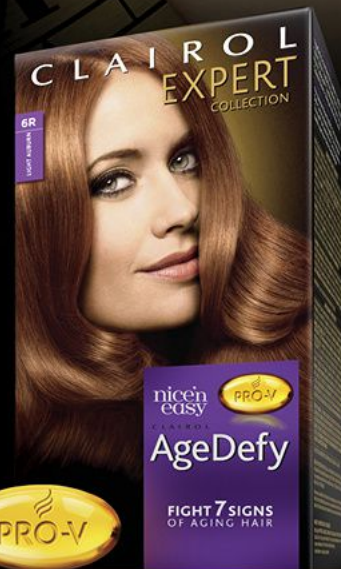


"My hair feels softer now than before I colored it." - *Lori H*



"It made my hair look young again." - *Jo Ann C*

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Reply all

You told us...



@keyframer: Hats off to @redbookmag for featuring a real woman with real #curves.

"Things That (Mostly) Happy Couples Know" [December/January] left me feeling relieved and sad. I've read many articles and relationship-advice books and found them to be like fairy tales. A strong, good marriage takes compromise, commitment, and work, but it shouldn't always feel like you are working at it.

I lost my husband suddenly three years ago, and it's been devastating and lonely. I was at a friend's house

yesterday, and she and her husband had a little tiff while I was there. It brought back memories of my husband and me, our small fights in front of friends and family, which people always warned us about. I've learned since that some of these are not true fights, they're just passionate disagreements—it's the passion that is construed as fighting.

This article really touched something deep inside of me, and I truly wish I could have read it three and a half years ago; I probably would not feel some of the pain I've endured since. —Gail Jacobs, *Pembroke Pines, FL*

"21 Shortcuts to Health & Happiness" [December/January] had some fabulous suggestions, but I have one thought: Number 20 said "write a 'no' column on your weekly to-do list," but I prefer to write "self" on mine. I know it's semantics, but it's easier to pamper myself than to say "no" to others! I always feel refreshed when I do. —Louise Schneberger, *via email*



"Be Your Own Santa Claus!" [Editor's Notebook, December/January] was cute. I loved reading that Meredith's mom buys her own gift for Christmas. I do something similar: Starting in September, I buy small items, wrap them in tissue, and put them in a large holiday bag. When Christmas Eve comes, I'm usually surprised because I don't always remember what I bought for myself! I'm with her mom—it's great to go for it. —Linda Geraci, *Longmont, CO*

#ASKREDBOOK

Use this hashtag or email us—and we'll answer your questions!

You guys always give tips and shopping advice to plus-size ladies, but I was wondering if you could do the same for petite women like me. I love to go shopping, but I hardly ever find anything that fits my small frame. Where should I look? —Abbigail Cox, *Upland, CA*

Talbots and Lands' End are great for every size, but also check out kids' clothes from runway-inspired brands like Zara. Find them on their website—the colors and styles mirror their women's collections. They're more affordable, too! —Jennifer Hitzges, *fashion director*



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Your opinion really matters. And we love your questions! Don't be a stranger, okay? (Letters may be edited for clarity and length.)

O·P·I

Lacquers from left to right:
 Suzi Shops & Island Hops
 Just Lanai-ing Around
 Hello Hawaii Ya?
 This Color's Making Waves
 My Gecko Does Tricks
 Pineapples Have Peelings Too!
 Aloha from OPI
 Go with the Lava Flow
 Lost My Bikini in Molokini
 Is Mai Tai Crooked?
 Do You Take Lei Away?
 That's Hula-rious!

HAWAII

COLLECTION BY OPI



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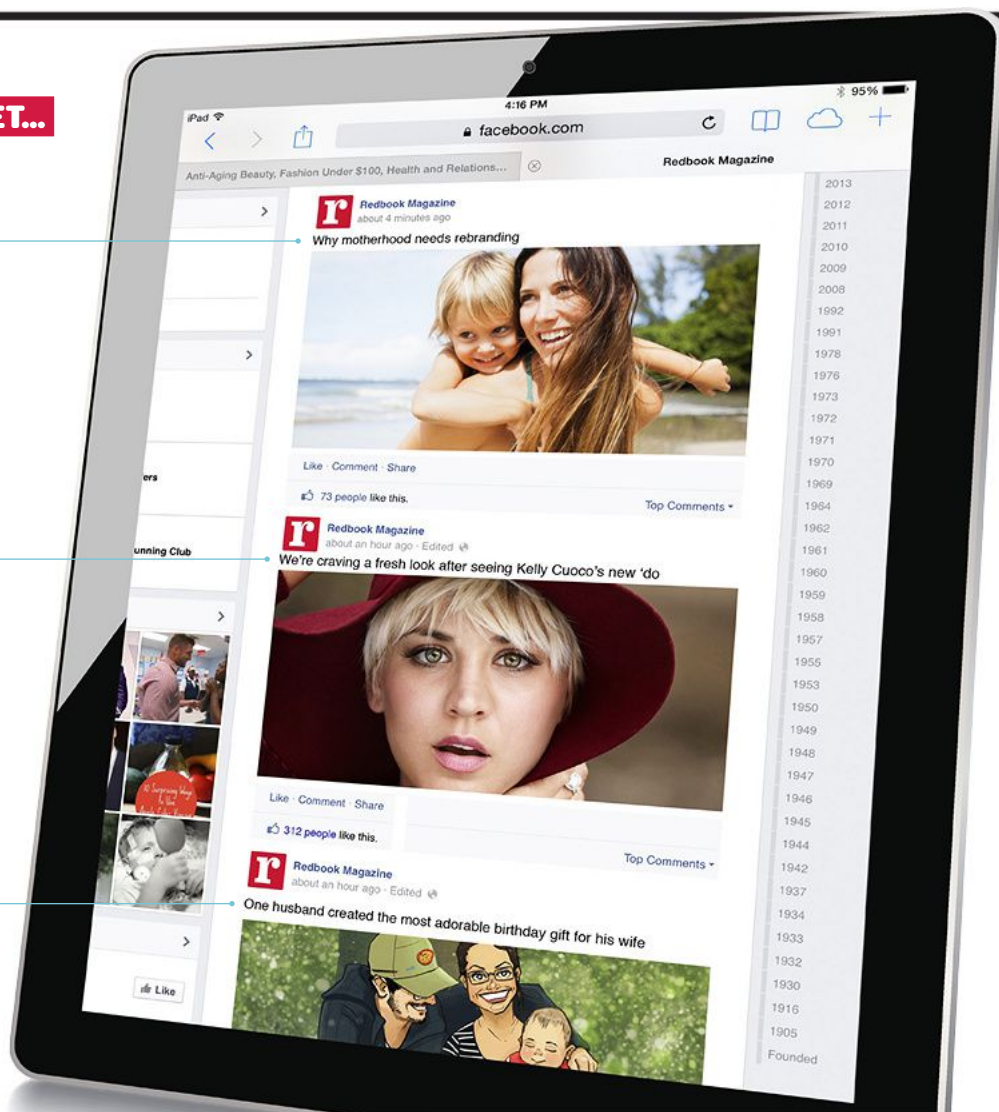
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Beauty tips, with you in mind:

You paid good money for that mani—now learn how to make it last at redbookmag.com/manisavers.



CLOCKWISE FROM TOP: OFFSET, MATT JONES, COURTESY OF SUBJECT, GETTY IMAGES, COURTESY OF FED AND FIT, GETTY IMAGES.

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INTO MY
OWN HANDS."

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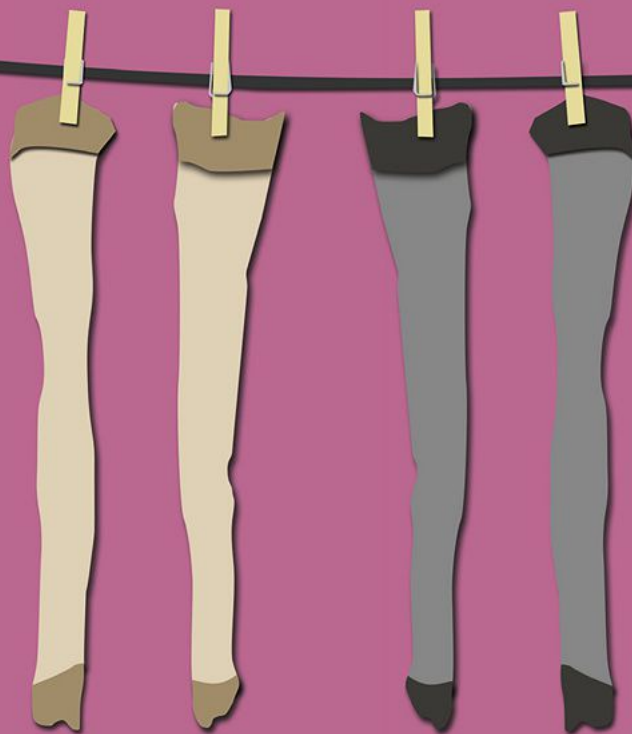
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**BURNING QUESTION
of the month:**
What's your best tip
for family travel?
(Check out page 110 for
some trip inspiration!)

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"I like to bring a mini candle when I'm staying in a hotel. It helps make the room feel more like home, and it masks any weird odors you may run into."
—MARISSA

"My bag is always supplied with hand sanitizer and chocolate. Chocolate to keep the peace, and hand sanitizer so I can keep eating it no matter where I am."
—KELLY

"I always pack extra clothes in my carry-on for each kid. You never know when your toddler (or teenager) will spill a soda down the front of her shirt, but I always assume it's going to be right before we board a plane."
—TIFFANY

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In honor of our family travel story,
here's this month's **STAFF CHALLENGE**:

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better vacation.

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"I always book
early flights
and have my
tween boys
sleep in their
T-shirts and
sweatpants.
When the
alarm goes off,
they roll out
of bed, shuffle
through the
airport, and
sleep through
the flight."
—HEIDI

"No shame:
I bought
one of those
funny-
looking neck
pillows, and
now I won't
travel
without it.
Laugh all you
want, but I
guarantee
my trip is
comfier than
yours."
—AMANDA

"For road trips,
we plan fun
activities to do
along the route,
like when
we visited a
museum with
cars from TV
and movies.
That way even
getting there
is part of the
vacation." —KERRI

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Find your perfect skirt!

There are so many shapes and lengths out there, which is exciting... and also a little bit confusing. Fear not: Our BFF (best fashion friend) Brad Goreski has located the most complimentary style for your exact body type.

PHOTOGRAPHED BY
LEE CLOWER

You gotta love a skirt. Dresses get all the glory—and don't get me wrong, they're amazing—but skirts are just as easy to wear. Here's the formula I swear by: Find a standout skirt and let it be the star by pairing it with a basic top. (Not hard at all, see?) I know shopping for skirts intimidates some people—"What length is best? Will that cut make my butt look big?"—so these gorgeous REDBOOK readers helped me take the guesswork out of it for you. Allow us to introduce the skirt that will hide your flaws and play up your assets.



COMES IN
plus

"My husband told me I looked smokin' hot—like 50 times." —Mia Santiago, 34



◀ Brad Goreski is the new cohost of *Fashion Police* and has styled stars like Rashida Jones and Jenna Dewan Tatum.

IF YOU'RE PLUS-SIZE

A long pencil skirt in thick stretchy fabric will sleeken your curves. With a tucked-in blouse it's sexy, yet you'll still feel comfortable.

Skirt, \$108; mynt1792.com. Sizes 12 to 16. Shirt, \$44.95; christopherandbanks.com. Sizes 4 to 32. Necklace, \$75; rjgraziano.com. Heels, Ivanka Trump, \$150; bloomingdales.com.

“The most flattering skirts have waistbands that hit just below or just above your belly button.” —BRAD



"Honestly, I was surprised that a flowy, long-ish skirt could feel so chic." —Nia Lawrence, 34



"My hips have kept me away from narrow skirts, but I don't feel squeezed in this." —Christine Tsang, 29

COMES IN
plus

"I usually wear short skirts to show off my legs, but this is a sophisticated change." —Sharon O'Shaughnessy, 33



IF YOU'RE PETITE

You can—and should!—try a longer pleated skirt. One that just covers your knees won't overwhelm you; in fact, it'll make you seem taller.

Skirt, \$29.90; forever21.com. Top, \$49.95; gap.com. Necklace, \$58; sequin-nyc.com. Bag, & Other Stories, \$195; nordstrom.com. Heels, \$188; klubnico.com (20% off with code REDBOOK20).

IF YOU'RE SUPER-TALL

A fit-and-flare skirt adds curves to a lanky frame (Sharon, our model, is 5 feet 11 inches tall), especially with a cropped top that draws attention to her slim waist.

Skirt, \$119; talbots.com. Sizes 2 to 24. Top, \$46; lulus.com (20% off with code REDBOOK20). Necklace, \$79.50; anntaylor.com. Clutch, \$78; oliviaandjoy.com. Cuff, \$24.99; emitations.com (25% off with code REDBOOKFEB25). Heels, \$248; colehaan.com.

IF YOU HAVE CURVY HIPS

A slightly boxy miniskirt won't cling to your hips and thighs but is still narrow enough to slim them.

Skirt, \$49.95; hm.com. Sweatshirt, \$78; bodenusa.com. Shirt, \$45; everlane.com. Bag, Angela Roi, \$98; shopethica.com. Shoes, \$119.95; rollication.com.



Your lips can be full and sexy

And it's possible without tons of gloppy gloss—or injections. “Lush lips make you look younger, too,” says Mally. Fake ‘em her way.

< Makeup artist Mally Roncal works with stars like Beyoncé and is the founder of Mally Beauty cosmetics.

When I was a little girl, I got teased for having big lips. Now, as a makeup artist, I’m constantly asked by women how they can make theirs look fuller. (Oh, how the tables have turned!) So I’ve come up with a simple way to create a plumper pout, whether your lips have lost volume over time, or, like Jazmin, the REDBOOK reader on this page, they’ve always been on the small side. “I’ve had thin lips my whole life, so I never saw the point in wearing lipstick,” the New York City–based actress told me. We fixed that fast, and the results are understated and believable—which is most important.

“I can’t believe the difference. It looks so real!”

—OUR MODEL-FOR-THE-DAY, JAZMIN GORSLINE



Start BY EXFOLIATING YOUR LIPS. A smooth surface is key to a plump look, so use a fine-grain lip scrub to gently buff away flakes. (A damp washcloth works too; just rub Vaseline on your mouth first.) Massage in circular motions, wipe clean, and apply a clear lip balm.



DEFINE AND SHAPE WITH NUDE LIP PENCIL. Pick one that matches your lips’ natural color and trace it along the outer edge of your lip lines. For extra oomph, draw a faint straight line from point to point on your Cupid’s bow. Then put on a rosy, healthy-looking lipstick.



SWIPE ON A SHIMMERY GLOSS. Use a clear shade or a soft pink one that’s similar to your lipstick—but don’t apply it all over. Brush it down the center of your mouth only, on top and bottom lips, swishing side to side a little as you go. This subtle light reflection *really* boosts fullness.



APPLY CONCEALER AT THE CORNERS. Dab your regular concealer along the corners of your mouth, then pat to blend it in. This not only keeps your lipstick from bleeding into any fine lines—it also acts like a highlighter to bring out your lips even more.

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Ali's get-fit confessions

Even Alison Sweeney has fallen victim to fad diets (*ack*, cleansing) and failed workouts (so, about that first marathon...). She's spilling her mistakes so you can learn from them.

> Alison Sweeney is the host of *The Biggest Loser* and an avid multitasker—the *Scared Scriptless* author is currently working on her third novel.

1 I took a cardio dance class *once* and immediately dismissed it as not being a real workout. But really, I didn't know the choreography, so I couldn't possibly benefit from it.

I realize now how shortsighted that was—walking away from that class thinking I didn't have time to waste on something I didn't like. But I never gave myself a chance to get better at it, and maybe if I had, I would have loved it. So after taking a barre class recently and not being totally sold on it, I made the decision to go back a second and then a third time. By the end of the third class I was so excited, because even though I wasn't used to that teacher's choreography, I picked up on it faster and really felt the burn. Now I'm hooked.

2 For years, I thought I had to be hungry for a diet to be working. Then when I'd cave and eat something, I'd get mad at myself. It was a vicious cycle.

The Biggest Loser helped change my attitude. Now I think, *What can I do to take better care of myself today?* And you know, the answer is never "Starve." People think you have to suffer to be successful, and that's just not true. In fact, I was less successful back then. I'd choose diets that were torture, inevitably fail, and end up right back where I started. When you love the things you're eating and the exercise you're doing, you'll keep coming back for more. *That's* the way to succeed.



Take it from Ali: Stretching before a run is a must.

3 Years ago, I decided I wanted to run the Los Angeles Marathon. I thought, *How hard could it be?* So I started training on my own. Within three months, I was injured—really injured. It took almost a year for me to come back from it.

I've run tons of races since then, including the marathon. But now I work with a trainer to make sure I'm doing it the right way. Turns out, I wasn't stretching properly before or after my run. And my form was all wrong, which led to a knee injury, lower back pain, and, finally, shin splints. I'm all for challenging yourself to a 5K or triathlon, but get advice from someone who knows what they're doing, even if you have to find it online.

4 I used to read up on celebrities' workouts, thinking I could have a body like theirs. But that wasn't realistic. My plans were doomed from the start.

Comparing myself to other people was a really negative space for me. So I changed my vocabulary: Instead of "skinny," I strove to be "healthy." "Ripped" became "fit." Then I started setting more positive goals. Instead of wanting Halle Berry's arms, I wanted to do things like triathlons, so I'd lay out the steps and workouts that would get me there. It felt great to actually accomplish something instead of just wishing for the muscle tone I saw on someone in a magazine (which, let's be honest, was probably just good lighting).

5 I once tried a cleanse that had maple syrup as a main ingredient. I *did* lose weight, but after drinking the stuff for three weeks, I craved sugar all the time.

That was an extreme, but I've learned that fad diets are only a short-term fix. You can't live on juice (or shakes or cabbage soup) forever—your lifestyle has to change if you want lasting results. Now I focus on making a healthy choice at every meal. I cook foods I love that are also good for me, and I make sure I eat the proper portion, even of a kale salad. Because if I have a too-big bowl of that today, what's to stop me from splurging on something unhealthy tomorrow?

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Now *that's* a cute coatrack

So many jackets, never enough hooks. That's why we love this power-tool-free D.I.Y. from Emily Henderson. Total cost: \$40.

< Emily Henderson is a stylist, decorator, HGTV *Design Star*, mom, and D.I.Y. guru.

I keep my coatrack in my entryway, but it would be equally genius in a bathroom for towels or in a bedroom to hold those clothes that are *always* on the floor. And because the poles collapse, you can stow it when you aren't using it, and bring it out for coat overflow when guests come by.



1 SHOP FOR SUPPLIES.

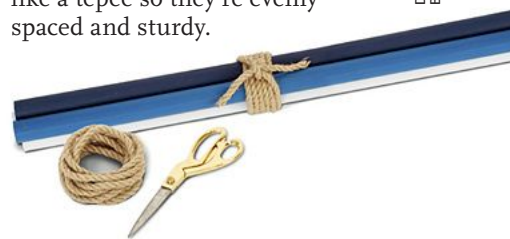
You'll need four 6-foot wooden rods that are 1 3/8 inches in diameter (about \$10 each at Home Depot), your favorite paint, painter's tape, and rope. No power tools necessary. Seriously, guys, this one is so easy: If you can tie a knot and use a paintbrush, you can do it!



2 **GET PAINTING.** You can customize this project to match any decor. I painted each of the poles a different shade of blue, then taped off the bottom 12 inches and sprayed them gold. I also love the idea of going all gold, staining the wood for a rustic look, painting stripes, or even decouping the poles with a fun printed fabric.



3 **TIE IT UP.** I used rope here, but you could use an old belt, neon mountain-climbing cord, ribbon—pretty much anything goes as long as it's sturdy. Gather the poles on the floor, tightly wrap them about 18 inches from the top, and tie a regular old double knot. Then hold the poles vertically and splay them like a tepee so they're evenly spaced and sturdy.



DAVID TSAY: PROP STYLIST; SCOTT HORNE AT BIG LEO; HENDERSON: COURTESY OF SUNRISE.

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The best new dish for cold days

Carla Hall's favorite way to warm up is loaded with Moroccan spices, chickpeas, and lamb. It's unexpected and totally delicious.

< Carla is cohost of *The Chew* and author of *Carla's Comfort Foods: Favorite Dishes From Around the World*.

Spring might be around the corner, but let's be honest, it's still freezing out. This stew has everything to make you feel good: tender, fall-apart meat, earthy chickpeas, and just the right amount of spicy heat.

Spiced lamb stew

Active: 30 minutes

Total: 2 hours and 30 minutes

¼ cup extra-virgin olive oil

1½ lbs boneless lamb stew meat, cut into 1-in. cubes

Kosher salt and pepper

1 large onion, diced (about 2 cups)

4 large carrots, chopped (about 2 cups)

1 jalapeño, seeded and thinly sliced

1 Tbsp tomato paste

1 28-oz can crushed San Marzano tomatoes

1 lb baby potatoes, halved

2 15-oz cans chickpeas

1 Tbsp sweet paprika

2 tsp cumin

1 tsp coriander

½ tsp cinnamon

Greek yogurt, thinly sliced scallions, and lime wedges, for serving

1. In a large heavy-bottomed pot, heat 2 Tbsp olive oil over medium-high heat. Season the lamb all over with 2 tsp salt and ¼ tsp pepper. Working in batches, brown lamb on all sides, about 10 minutes per batch. Place on a plate and repeat with remaining lamb.

2. Pour remaining 2 Tbsp olive oil into the pot. Add the onion, carrots, and jalapeño. Cook, scraping up browned bits in the pot, until the onion is translucent, about 10 minutes. Add the tomato paste; stir. Add the next 7 ingredients and the reserved lamb. Fold, coating everything in the tomato mixture. Add just enough water to cover ingredients and bring to a boil. Cover, reduce heat, and simmer until meat is tender, about 2 hours.

3. Ladle into bowls; garnish with yogurt, scallions, and lime wedges, if desired.

Makes 6 servings. Per serving:
578 cal, 20 g fat (5 g sat fat), 43 g pro, 59 g car, 7 g fiber.



25% OFF

Azure cast-iron oval casserole, \$134; denbyusa.com (25% off with code RDBK25).

SARAH ANNE WARD, FOOD STYLIST; KHALIL HYMORE, PROP STYLIST; CARLA GONZALEZ-HART



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Gives warmth to olive skin:
Nars Dual-
Intensity
Eyeshadow in
Phoebe, \$29.

Perfect on medium-dark skin:
Revlon ColorStay
ShadowLinks in
Eggplant, \$2.99.

A bold tone that looks awesome on any skin:
Estée Lauder Pure Color
Stay-on Shadow Paint
in Neon Fuchsia, \$24.

Purple works on everyone

And before you run away, let us tell you why: It's one of the few hues that brightens every eye color. Plus, the pretty ones here can be worn as sheer as you like (just smudge, smudge, smudge).



beauty under \$25

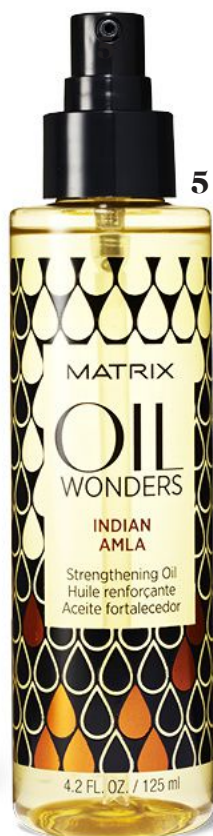
Look like you struck it rich with these hair, skin, and makeup treasures.



Sweet and smart products to totally take



4



5



6



7



8



9



10

1 Dust this golden powder on cheeks and temples to glow from ear to ear. Physicians Formula Argan Wear Ultra Nourishing Argan Oil Bronzer, \$14.95.

2 Whoa... a triple dose of anti-agers that firm, brighten, *and* plump skin. Garnier Ultra-Lift Miracle Sleeping Cream, \$16.99.

3 With its subtle iridescent flecks, this gray-green shadow creates a sexy gleam. Sephora Collection Colorful Duo Reflects in No. 112 Mermaid Tail, \$13.

4 We predict any Pisces will adore this gift: a water-lily-scented soap that comes with a corresponding horoscope booklet. Fresh Zodiac Oval Soap in Pisces, \$15.

5 Just a few drops bring brittle hair back to shiny, healthy life. Matrix Oil Wonders Indian Amla Strengthening Oil, \$24.

6 This all-natural, shea- and avocado-butter cream is absorbed instantly and makes skin smell fresh. 100% Pure Pink Grapefruit Whipped Body Butter, \$22.

7 The gentler way to clear breakouts: a sulfate-free wash that's rich in oil-absorbing, anti-inflammatory agents. Ole Henriksen Aloe Vera Deep Cleanser, \$22.

8 A whimsical clip looks so sweet tucked into a low ponytail or bun. Emi-Jay Leather Feather Barrette in Gold, \$19.

9 On dark skin, a bold blue illuminates eyes. L'Oréal Paris Infallible Eye Shadow Crayon in No. 703 Always Aqua, \$7.99.

10 For a truly perfect concealer match, this lets you blend your own. Topshop Beauty The Concealer Palette, \$18.

11 This warm fuchsia lippy looks hot on every complexion. CoverGirl Colorlicious Lipstick in Garnet Flame, \$6.99.

12 A bit of sheen gives this sheer ballet-pink polish a kick. Deborah Lippmann Nail Lacquer in Chantilly Lace, \$18.

13 Whoop-whoop! The original beach-waves spray—discontinued for years—is here again. 50 readers will win John Frieda Beach Blonde Sea Waves Sea Salt Spray, \$8.99; see page 147 for details.

14 The topcoat on the other end of this rose lip stain keeps it put *all* day. Rimmel London Provocalips in I'll Call You, \$6.49.

15 Lightweight oils in this sulfate-free shampoo help prevent haircolor fade-out. Nexxus New York Salon Care Color Assure Rebalancing Shampoo, \$11.99.

16 Suds up with this heavenly floral scent. Olay Fresh Outlast Body Wash in Soothing Orchid & Black Currant, \$5.49.

17 These antibacterial hand wipes are so cute, you may become a clean freak. Robin McGraw Revelation Handy Hand Wipes, \$1.99 per pack of 8.

the humdrum out of your mornings.

SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.





Play up your brows and lashes.

"A good volumizing mascara and well-groomed brows balance out a strong mouth and flushed cheeks," says Ceciliato. He filled in Munn's arches with pencil for a natural finish.

be bright & beautiful

If you're feeling a little *meh* about your makeup routine, just add color. As these stars prove, it's super-flattering... and simple enough to do in minutes.

BY GINA WAY



GO PINK ON CHEEKS & LIPS

"It's the easiest way to boost vibrancy," says makeup artist Gianpaolo Ceciliato, who rosied up Olivia Munn for this photo. "But don't overdo it—if your lipcolor is bold, keep your blush soft, and vice versa."

Find your perfect pink lip. Ceciliato used the Chanel color pictured above on Munn. "The bluish pink is gorgeous against her olive skin," he says. For a pinkier complexion, he suggests a warm rosy hue, and on dark skin, try a vivid magenta.

Create a lit-from-within glow. First, swirl a peachy pink blush on the apples of your cheeks: It makes everyone's skin look fresh and healthy. "Then, dab a similar-colored cream highlighter on the tops of your cheeks and on lids, too," says Ceciliato.

Get the look (from top): Almay Smart Shade Blush in Pink, \$11.49; Chanel Rouge Coco Ultra Hydrating Lip Colour in Ina, \$36; Maybelline New York Lash Sensational Mascara, \$8.99 (25 readers will win one; see page 147 for details); Clinique Chubby Stick Sculpting Highlight in Hefty Highlight, \$21.



For a subtler effect, do sheer pink on cheeks and lips, like Blake Lively.



GET A BRILLIANT SMILE

Bold lipstick is like your real-life Instagram filter: "It makes your skin, teeth, and eyes look radiant," says makeup pro Kristofer Buckle.

Choose the right bright. "On very fair or dark skin, everything from tomato red to magenta works," notes Buckle, who did Jessica Chastain's look (left). "For skin with yellow undertones, try bluish red or pink."

Warm your cheeks. To balance the look, dust a rosy blush along cheekbones, then skim bronzer just on the tops of cheeks.

Get the look (clockwise from top): CoverGirl Queen Collection Eyeshadow in Sun City, \$3.74; L'Oréal Paris Infallible Eye Shadow in Bronzed Taupe, \$7.95; Physicians Formula Eye Booster Eyeliner, \$10.95; Mally Beauty Effortless Airbrush Highlighter & Blush Duo, \$45 (25 readers will win one; see page 147 for details); Yves Saint Laurent Rouge Pur Couture Mats in No. 203, \$35.

Brush on a shimmery shadow. "A caramel or bronze color is a nice complement to rich lips," says Buckle. Add a bit of black liner on top lids, then finish with mascara.



Miranda Lambert's fuchsia lips set off her pale hair and skin.

GETTY IMAGES (2)

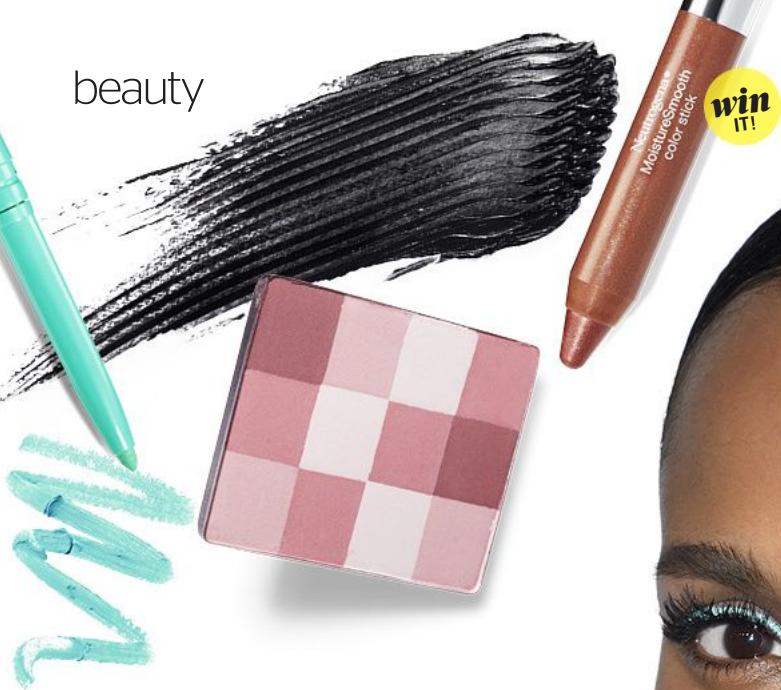


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SWIPE ON BLUE LINER

"You'll be amazed by how versatile it is," says makeup artist Autumn Moultrie. "Blue flatters all eye colors and skin tones."

Draw it on your top lids only. "Even turquoise looks sophisticated if you just do a thin line right at the lashes," says Moultrie of the look she created here on Kerry Washington. "Skip shadow and brush on a volumizing black mascara."

Tweak to your liking. "You can smudge the lines a bit with your finger to diffuse them," says Moultrie. "Or, if aqua just scares you, try grayish blue."

Get the look (clockwise from left): Stila Smudge Stick Waterproof Eye Liner in Turquoise, \$20; Lancôme Grandiose Mascara, \$32; Neutrogena Moisture Smooth Color Stick in Warm Caramel, \$8 (25 readers will win one; see page 147 for details); Neutrogena Healthy Skin Blends blush in Pure, \$11.49.



Do neutral makeup everywhere else.

All Moultrie added here was a sheer pinky nude on Washington's cheeks and lips.

Juice up your mani

There's a whole world of vivid polishes out there beyond red, and a lot of 'em are super-cute. So dip your finger(nail) in one of these pretty hues.

Best for fair skin

Think bright candy pink—it's adorably punchy. Try Sally Hansen Complete Salon Manicure in Hello Pretty, \$7.99.



Best for olive skin

A nearly neon orange like JINsoon Nail Lacquer in Enflammée, \$18, will pick up golden tones.



Best for dark skin

On your coloring, rich purple really stands out. Nails Inc NailKale in Gloucester Walk, \$14, is a lovely choice.



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Incredible and doable anti-aging tips

From the type of coffee you order in the morning to the last thing you do before bed, the simplest lifestyle tweaks can make a world of difference on your skin.

BY CRISTINA MUELLER

Buy frozen fruit and veggies. Until spring and summer really arrive, the produce in supermarkets has likely been picked before it's ripe, then has to travel a long distance to the store. "So by the time these foods reach your grocery cart, their antioxidant levels have typically gone *way* down," says dermatologist David McDaniel, M.D., a top researcher on antioxidants. "Frozen fruits and veggies, however, are picked when they're riper, so they're richer in the antioxidants that may help keep skin young." Unless you can find locally grown produce, reap the frozen benefits.

Take up biking. Just an hour a week may help prevent, even reverse, skin aging. After we turn the big 4-0, our skin's outer layer thickens (making it drier and rougher) while the inner layer gets thinner, so skin is more prone to wrinkles and sagging. Researchers at McMaster University in Ontario asked a group of volunteers—all of them over 65 and total couch potatoes—to bike at a moderately strenuous pace for 30 minutes twice a week. After a mere three months, their skin looked more like those of people *half* their age, with a thicker inner layer and a smoother outer layer. How's that for workout motivation?

Pop an antihistamine every night. Even if you don't have allergies, "an antihistamine reduces the sinus inflammation that leads to puffy eyes, plus it constricts blood

vessels, which improves under-eye circles," says Tina Alster, M.D., a clinical professor of dermatology at Georgetown University Medical Center. She suggests taking a 24-hour antihistamine (one without a decongestant) like Claritin 24 Hour Allergy before bed: "Patients tell me that within two to four weeks, the skin around their eyes looks better."

Toss the gritty face scrub. "The ones made with apricot kernels, walnut shells, or crystals can cause microscopic tears in your skin," says Alster. "This sets off inflammation below the surface, which releases enzymes that attack collagen and elastin." In other words, it can make skin age faster. But you still need to exfoliate once a week to clear off dead skin, so try a gentle jojoba-bead scrub such as Neutrogena Naturals Purifying Pore Scrub, \$7.99.

Grab a cup of coffee. Another perk (sorry, couldn't resist) of the caffeinated stuff: It may help ward off sun spots. In a recent Japanese study on women ages 30 to 60 who got moderate sun exposure, those who drank two cups or more of fresh coffee a day had far fewer age spots than the women who skipped it. Researchers credit coffee's potent blend of antioxidant polyphenols. "They're proven to help protect skin and repair UV-induced damage," says McDaniel, who adds, "Drinks made from freshly ground beans, like espresso, have the highest dose of antioxidants."

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exfoliates their skin. And I thought to myself, *Oh, I'm not going to let them have that advantage!*

RB: You've also nailed the naturally radiant makeup look. What are your go-to's?

CB: I'm always trying new foundations: I like the ones from Bobbi Brown, Armani Beauty, and CoverGirl. I'm less into mascara, because I ended up pulling out a lot of my lashes from wearing heavy fake-lash strips in *Chicago* [Christie starred in the Broadway show in 2012]. Now there's not much left to emphasize!

So I use black or brown liner instead to give my eyes a little something. I also love Nars blushes in pink and peach, and red polish for my toes—my favorite is Gucci Iconic Red. It's a classic shade that's not too orange or too blue.

RB: You just launched a skin-care line, Christie Brinkley Authentic Skincare. Tell us about it.

CB: I wanted ingredients that are pure and healthy, so all of the products are vegan and cruelty-free. We use a complex of plant extracts, amino acids, and copper to help your skin fight off signs of aging and the sun's infrared rays, which some experts believe are even more damaging than UVA and UVB rays.

RB: We have to give you props for surviving the '80s without an embarrassing haircut.

CB: Not true! Years ago, when I launched a clothing line, I decided to trim my own bangs while I was on the road promoting the collection. I trimmed them while they were wet, not realizing they'd dry shorter, so they only came out to about halfway down my forehead. And they went in every different direction. There was nothing stylish about them *whatsoever*, and I had to do a national tour with that hair.

RB: Have you improved as a hairstylist since then?

CB: Yeah, I'm pretty good now! I've styled my daughter Alexa's hair for some of her singing performances. Even under the pressure of a curtain call, I'm good with a curling iron and a round brush.

RB: We've noticed that you post some great selfies on Instagram. Got any tips?

CB: Everybody makes fun of me because I'm usually laughing in them, but a genuine smile always wins over something posed. So my advice is, think happy thoughts and wait for the moment when you're really giggling, *then* snap your selfie. —As told to Kate Sullivan

Christie's essentials (from top): Nars Blush in Mata Hari, \$30; Gucci Bold High Gloss Lacquer in Iconic Red, \$29; "In the morning after I moisturize, I dab the Close Up Instant Wrinkle Smoother & Treatment [\$69] from my line wherever I have wrinkles. I call it doing a little spackling! At night I use the Recapture 360 Night Anti-Aging Night Treatment [\$69; 25 readers will win it; see page 147 for details]"; CoverGirl + Olay Simply Ageless Foundation, \$13.99; Laura Mercier Eye Pencil in Special Brown, \$20.



Hold up... is Christie Brinkley seriously 61?!

Whatever the iconic model is doing, it's working—and lucky for us, her classic, basic regimen couldn't be easier to copy.

REDBOOK: You celebrated a milestone birthday last year—and you look as gorgeous now as you ever did.

CHRISTIE BRINKLEY: It's funny, because I don't feel my age. I think my generation is redefining what it means to be 60. We've learned the science of good skin care and exercise. I remember on my 30th birthday, I ran up a mountain. I stood at the top and thought about when they'd told me my [modeling] career would be over at 30, and at that moment, I'd never felt better in my life. I've tried to hold on to that idea, to not let outside expectations define me, and to just keep doing what feels right.

RB: What beauty tricks do you swear by?

CB: I exfoliate my face every single morning—it's my thing. I even exfoliate my neck and the backs of my hands. I once read an article that said the reason men often look younger than women [of the same age] is because they shave, which



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[†]strength against damage
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—DR. JENNIFER MARSH, PANTENE PRINCIPAL SCIENTIST

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5 beauty tricks I just learned

Our intrepid beauty director, **Victoria Kirby**, has all the deets on spritzing yourself happy, creating hypnotic eyes, and getting your skin to glow from head to toe.

1 Some scents take away stress.

You know how there are certain perfumes that, when you get a little whiff, seem to perk you right up? There's science behind that, people! An excellent new example: Chloe Love Story Eau de Parfum (\$105 for 1.7 oz) combines orange blossom, which is used in aromatherapy to calm stress, with jasmine, a smell that's shown to release brain chemicals that boost energy and reduce anxiety. It's so pretty, and makes me feel so Zen, I'm tempted to bathe in it—for real. (5 readers will win a bottle; see page 147 for details.)



2 Mascaras have gotten insanely good.

There are two new ones that may well make lash extensions a thing of the past. The brush in Benefit Roller Lash, \$24, has bristles with tiny hooks that catch and bend lashes as you pull it through to lock in major curl. Physicians Formula Eye Booster Instant Lash Extension Kit (right), \$14.95, is a two-step system of a mascara followed by brush-on, all-natural fibers that stick to the mascara and thicken your lashes to the max.



3 You can whip up a D.I.Y. body scrub in seconds.

So says Whitney Bowe, M.D., a clinical assistant professor of dermatology at Mount Sinai Medical Center in New York City. "Some scrubs can be drying or irritating, so I make my own," she explains. "Mix ½ cup of a basic body lotion—I like CeraVe, which has soothing ceramides—with 1 cup brown sugar." Rub it in circular motions on damp skin, then rinse.

4 The French have a skin secret, and it works.

It's to eat steak frites at every meal. Kidding! It's micellar face cleansers, which were developed in the '90s in France to counteract the skin-stripping hard water they have over there. These ultra-gentle formulas contain microscopic oil spheres that act like magnets to lift makeup, oil, and impurities from skin without rinsing. Just dab a little on a cotton pad, swipe over your face, and *voilà*, all clean. They're finally available without the price of a plane ticket: Simple Skincare Micellar Cleansing Water, \$6.99, is awaiting you at your local drugstore.



5 There's a better way to blush.

As we all know, powder blush can sometimes go on a tad cakey. To make it flawless, makeup artist Gucci Westman taught me this move: After sweeping on your color, mist your palms with water and lightly pat your cheeks. "It'll make your blush look natural and dewy, and you won't see the powder sitting on top of your skin," she says. I can vouch that it makes all the difference.

Revlon Powder Blush in Racy Rose, \$9.99.



MASCARA: DEVON JARVIS/STUDIO D. ORANGE, FLOWER, MAKEUP BRUSH: GETTY IMAGES. PERFUME: COURTESY OF THE MANUFACTURER. KIRBY: J. RYAN ROBERTS/STUDIO D.

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75 ways to love what you wear

• Bright ideas to flatter every shape • The ideal colors for your skin tone • Gorgeous buys you'll wear forever • Styling tips that boost your confidence • Plus: every other trick to help you feel great in your clothes!

FIND YOUR BEST COLORS

You—yes, you, and you too—can definitely wear vivid hues. These are the ones that make you glow like you've been lit with a million-watt bulb, and smile just as bright.

PHOTOGRAPHED
BY ARI MICHELSON

"Redheads sparkle in jewel tones," says Tracey Field, costume designer on *2 Broke Girls*.

“This green reminds me of a ring I inherited from my grandmother. I've always loved how it looks against my skin.”

—Anna Clayton, 28

Earrings, \$40; gorjana.com. Top, Amanda Uprichard, \$172; zappos.com. Necklace, \$35; earthychic.net (20% off with code REDBOOK20).

IF YOU HAVE FAIR SKIN...

"Light blues can dull you, so go with a greenish blue like **teal**," says celebrity stylist June Ambrose. "A **light coral** would also bring out her hair."



"**Mauve** lipstick will give you a subtle bitten-lip look," says makeup artist Monika Blunder. Maybelline New York Color Sensational Lipstick Creamy Mattes in Lust for Blush, \$7.49.



Got golden tones in your skin like Anna? Blunder suggests **copper** eyeshadow to play them up.

L'Oréal Paris Infallible Eye Shadow in Amber Rush, \$7.95.



"Citrus hues, like this bright orange, give warm brown skin such radiance," says designer Lela Rose.

“What an energizing shade! I wear a lot of color, but this is a new one for me—and I love it.”

—Sheryl Roberts, 47

Earrings, \$18; zadretail.com. Dress, Autumn Cashmere, \$340; nordstrom.com.

IF YOU HAVE **DARK** SKIN...

"**Bold pink and yellow** are also fun choices for dark skin," says Salvador Perez, costume designer on *The Mindy Project*.



A zingy **blackberry** contrasts with your complexion without being overly loud. Chanel Rouge Coco Ultra Hydrating Lip Colour in Etienne, \$36.



"Try **bluish silver** on your lids," says Blunder. "It's fresher than gold and won't look ashy." CoverGirl Flamed Out Shadow Pencil in Ice Flame, \$7.49.



Discount is valid from February 12, 2015, through March 16, 2015, and does not include taxes or shipping.



"Pinky tones will perk you right up," says Rose.

“I love the way wearing blush in a similar color as the top softens my face even more.”

—Sandra Bedoya, 46

Earrings, \$32; sequin-nyc.com.
Top, Rachel Rachel Roy, \$69; macys.com.
Necklace, \$50; kendrascott.com.

IF YOU HAVE OLIVE SKIN...

"I really like **terra-cotta** and **jade** on olive skin, but you can wear almost any color," says Perez. One you should avoid? Lemon yellow can make you look drab.



Your perfect statement-lip hue: **orangey red**.

Estée Lauder Pure Color Envy Sculpting Lipstick in Defiant Coral, \$30.

"**Purple** shadow intensifies brown eyes," says Blunder.

Urban Decay Eyeshadow in Psychedelic Sister, \$18.



"I love blue on pale blondes," says Rose. "It highlights the rosiness in their skin."

“This is my mother's signature shade of blue—now I understand why.”

—Liz Anthony, 32

Top, \$89.50; bananarepublic.com.
Earrings, \$20; carolee.com.

IF YOU HAVE VERY FAIR SKIN...

Any cool tone is great, but Ambrose loves how "**cool pastels**" won't wash out your complexion."



Go for subtle impact during the day. Blunder's choice: a dazzling but **sheer cherry**. Sonia Kashuk Velvety Matte Lip Crayon in Rosey Nude, \$7.59.

Brighten eyes with **minty green** eyeshadow. NYX Cosmetics Hot Singles Eye Shadow in Stoked, \$4.50.





Earrings, \$48;
melindamaria
.com. Top, \$17.90;
forever21.com.
Ring, \$65;
kendrascott.com.

"Magenta contrasts beautifully with dark hair," notes Field.

“Raspberry is feminine in a confident way—not too girly. And it really makes my features stand out.”

—Nancy Sun, 32

IF YOU HAVE MEDIUM SKIN...

Purples and reds with blue undertones also accent your complexion nicely, says Perez.



Berry lipstick will counter any sallowness, says Blunder. Revlon Ultra HD Lipstick in HD Iris, \$8.99.



Try an earth-tone eyeshadow that's super-rich, like **forest green**.

Giorgio Armani Eye Tint in #4, \$35.



SEE SHOPPING GUIDE, LAST PAGES, FOR DETAILS.

REDBOOKMAG.COM 53

Step up your work look

Wearing a well-chosen bold item isn't just office-appropriate; it telegraphs confidence. And because that's important, we got Ann Taylor creative director **Lisa Axelson** to show us how it's done.



“A little red goes a long way. For a look that's **powerful and classic** (not overbearing), do one flash of it with a simple black-and-white print.”

Sweater, \$69.50; anntaylor.com. Sizes XXS to XXL.



“Crisp, clean accessories in primary colors give **personality** to a neutral outfit. Wear two in different shades to make a look—and you—even more memorable.”

Purse, \$98, and pumps, \$128; both anntaylor.com.

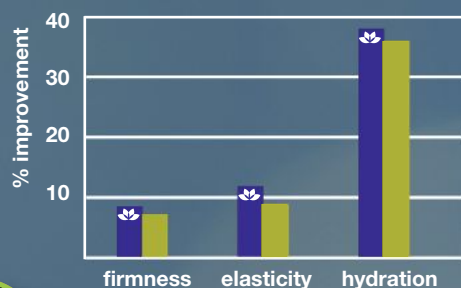
“To get the **polish of a suit** without the stuffiness, pair a bright silky tee with a menswear-y jacket and trousers.”

Blouse, \$69.50; anntaylor.com. Sizes XXS to XXL.



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Remix a blue oxford

This pretty basic is just dying to do more for your wardrobe.

Let it, with these few quickie how-to's.

PHOTOGRAPHED BY
LAUREN PERLSTEIN

Button all the way up

to contrast the breeziness of rolled sleeves and an untucked hem. A glam necklace that just touches your collar (any longer is too long) keeps it from seeming prim.

Keep it simple.

For maximum versatility, skip shirts with button-down collars (they can skew too casual) and pockets (they'll look bulky under a sweater).

COMES IN
plus

Try this stay-put rolling trick:

Pull cuffs back and up to your elbows, making one long fold. Then roll up the sleeve from the bottom once or twice and fold the cuff down.

Get a shirt with a curved hem.

The higher sides draw attention away from your thighs and won't add volume to your hips.

Turn the
page for
4 more
ideas

Shirt, \$44.95; lbean.com.
Sizes XXS to 3X. Necklace,
\$39.50; loft.com (20% off
with code REDBOOK20). Pants,
\$79.95; thelimited.com.

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Do one side in, one side out, and the whole back untucked to show your shape while still getting some bum coverage.

COMES IN
plus

Do the half-and-half

Necklace, \$29; emilyelizabethjewelry.com (20% off with code RB20). Pants, \$88; bodenusa.com. Sizes 2 to 18.



Cinch your waist by leaving the two bottom buttons undone, then tying the tails together in a loose knot. Fan out the ends of the bow until it's big and pretty.

Tie a knot

Double-strand necklace, \$48; earthychic.net. Skirt, \$69.50; loft.com (20% off with code REDBOOK20).



Go shrunk over long and open the shirt's collar a bit so you don't look squeezed. Make sure the sweater is thick enough that you won't see the buttons under it.

Layer under a sweater...

Sweater, Piperlime Collection, \$79; piperlime.com. Watch, \$76; lamercollections.com. Pants, \$52.95; nyandcompany.com.



Hold your shirt's cuff and push the blazer sleeve up. It's a more modern look than rolling your shirt and blazer sleeves back together.

...or a shrunk jacket

Blazer, Rachel Rachel Roy, \$99; macys.com. Bracelets: \$35, neelyphelan.com (20% off with code REDBOOK20); \$110, stellaandbow.com. Ring, \$149; sarahchloe.com. Jeans, Levi's, \$54; macys.com.



Team Red Contributor
SHANNON BINDLER OF
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shares her Rx for
stepping out in style
this spring.



DEEP SEA
The scalloped
edging and floral
cutouts add a
feminine flair,
while the Velcro
strap across the
ankle provides
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ONE SHOE AT A TIME”**



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This barefoot shoe
features a stylish
leather upper and
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the memory foam
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**SHANNON'S
PRESCRIPTION:
FASHION +
FUNCTION**



SUGAR
Take edginess up a notch in this
wedge that straps all the way to the
ankle. This gladiator style is
available in a variety of colors
including smoky, brown, and red.

1 The words sweet, fashionable, and athletic don't usually go together in a sentence, but the Deep Sea by Jambu has all those qualities in one shoe. A playful (and wearable) twist on the iconic Mary Jane, they hit the perfect note when worn with tights and a miniskirt.

2 With resort season approaching, I'm on the lookout for vacation-friendly shoes like the Blush flat by Jambu. The athletic-inspired sole is durable enough for a full day of sightseeing, and the effortless style works just as well at the beach or pool.

3 Nothing says "fierce" like a pair of gladiator sandals. That's why I slip on a pair of Sugar sandals from Jambu whenever I want a little edginess. My favorite way to wear this look is pairing them with leather leggings, a T-shirt, and blazer.



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How to buy a vibrant bag

It's an easy way to add joy to your outfit without nuking your budget. Tina Craig, cofounder of the blog Bag Snob, shares her wisdom for scoring a statement piece that only looks expensive.

Bag, Merona, \$49.99; [target.com](https://www.target.com).

Minimal hardware and design

A classic shape and only a little bit of shine keep it from looking busy.

A sturdy zipper

A bag that zips easily when it's empty might snag when full. So before buying it, put all your essentials inside and test out the zipper.

Quality add-ons

Useful elements like a detachable strap and numerous spacious interior pockets make the design feel well-thought-out.

Consistent color

If the dye job is spotty—darker in some places than others—skip it. On this bag it's rich and uniform all over.

Same-color stitching

A contrasting thread will highlight crooked sewing or an imperfect seam.

A woman with long brown hair, wearing a green and white floral dress and black Jambu sandals, stands on a large grey rock. She is holding binoculars to her eyes and looking towards the right. The background is a dry, hilly landscape with sparse vegetation and a small house visible in the distance.

Have you met our personal gladiator?

SUGAR

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"Let's be honest: All-over color on a plus figure can be overwhelming," says Assa Cisse. "A fitted black jacket pares it down but still confidently shows my curves."



Build on a good thing

"Tapered skinny jeans—especially bright ones—make my boyish hips look curvier," says Brittany Avellar.



Fake 'em out

"Jackets in fun colors help conceal my large chest without seeming like I'm hiding," says Allison Teng.

Highlight your

Wearing color strategically slims you just as well as black does—but will get you



Define your waist

"A belt in a standout color really makes people focus on your cinched middle," says Mary Orton.



Rethink an old rule

"Going darker on bottom is great on a pear shape," says Jackie Giardina. "Most people think 'dark' has to mean black or navy. Nope!"



Stretch yourself

"Long, sharp trousers accentuate my legs so I seem even taller and leaner," says Kimberly Smith.



Opt for rich tones

"Bold colors hide flaws that light ones don't," says Naja Diamond. "In khaki or white, these shorts wouldn't work on my thighs at all."



Colorblock strategically

"I do dark on top and a high-waisted, lighter bottom. It helps me look much taller than 5 feet," says Kileen Valenzuela.



Show off your assets

"Colored skirts are like an arrow pointing to my best feature—my legs!" says Kéla Walker.

favorite feature

loads more compliments. These gorgeous bloggers have great secrets. Steal them!



Distract and divert

"I'm 5 feet 3 inches and have a long torso, so my legs can look short. Wearing color on top draws focus up," says Krystin Lee.



Accent a slimming combo

"Head-to-toe white has the same slimming effect as black, and with a vivid blazer it's way more interesting," says Brittany Coleman.



Go ombré

"The lighter pink shirttails lead the eye away from my belly and down my legs," says Christine Andrew. "You can't even tell I was 5 months pregnant in this shot!"

8 bold pieces every woman needs

A vivid pop or two makes even the most basic wardrobe feel new. Grab a couple of these insta-classics and you'll never have another boring-outfit day.



1

A cardigan jacket that's punchy but elegant, too. Cardigan, \$148; bodenusa.com. Sizes 2 to 18.



40% OFF

2

A belt that adds flair to black pants or a neutral dress. Belt, \$9.99; amclubwear.com (40% off with code REDBOOK40).



3

The ladylike shape means this is fun *and* refined. Dress, \$34.95; hm.com.

8

Go bold on bottom with no fear: A-lines are flattering on *every* shape. Skirt, \$69.95; thelimited.com.



4

Simple pumps in a look-at-me shade will never go out of style. Heels, Nine West, \$89; zappos.com.



5

Bonus: Wearing color near your face is fresh as can be. Scarf, \$78; echodesign.com.



6

The iconic trench is supremely polished, even in the peppiest hues. Trench coat, \$89; londonfog.com.

7

Pointy toes keep these flats feeling sophisticated. Flats, \$98; vincecamuto.com.



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Visit Olay.com for more information on the Olay Fresh Outlast Body Wash and Bar Collection.

Feel amazing in colored pants

Prepare to expand your comfort zone: Once you find ones with the right cut and fit for your shape, you'll want to live in them. Just be sure to look for...



A straight fit from hip to knee

It's the most slimming. Then it should be wider from the knee down to make you look super-lean.

A hem that almost kisses the floor

It'll lengthen your legs. But it shouldn't drag!

WIDE LEG

Pants, \$79.95; thelimited.com. Sizes 0 to 18. Top, Simply Vera Vera Wang, \$54; kohls.com. Necklace, \$152; edgeofember.com. Heels, \$99; guess.com.

A high waistband

One that sits at your belly button hides a tummy like magic.

A hem that's a bit above the ankle

An inch or two above the ankle bone is exactly right.

CROPPED

Pants, \$78; eloquil.com. Sizes 14 to 24. Top, \$15.90; forever21.com. Cuff, \$32; cocolovesome.com (20% off with code REDBOOK20). Bracelets, \$14.99; shopprimadonna.com (20% off with code REDBOOK20). Flats, \$39.95; justfab.com.



COMES IN plus

A trim fit at your hips and bum

Even a hint of bagginess at the crotch can make you look bigger—and schlumpy.

A mid-calf length

Pants that are cut too high or low can make legs appear stumpy.

CULOTTES

Pants, \$59.95; hm.com. Sweater, \$79.50; annntaylor.com. Tank, LC Lauren Conrad, \$36; kohls.com. Necklaces, from top: \$125; stellaandbow.com (20% off with code REDBOOK20); \$21; lulus.com (20% off with code REDBOOK20). Heels, \$195; pikolinos.com.



A tapered hem

Slimness at the ankle balances the volume above.

A slightly roomy fit

For a crisp look, you want it wide enough that it doesn't pull anywhere.

JOGGERS

Pants, \$138; splendid.com. Jacket, \$198.50; clubmonaco.com. Top, Merona, \$19.99; target.com. Flats, \$64.95; solesociety.com.



LAUREN PERLSTEIN/STUDIO D. HAIR: ADAM MACCLAY FOR ABT/PCOM. MAKEUP: RACHEL WOOD FOR ABT/PCOM.

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.com (20% off with
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Skirt, JOA, \$49;
lulus.com (20%
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Top, \$49.90;
express.com.

Coat, \$44.90;
forever21.com.

Heels, \$30.50;
gojane.com
(20% off with
code RB0220R).

Ring, \$35;
emitations.com
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REDBOOKFEB25).

Scarf,
\$24.95;
aerie.com.

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Jacket, Mossimo,
\$34.99;
target.com.



Bag, \$28; omg
accessories.com.



Belt, \$12.94;
oldnavy.com.
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Dress, \$45;
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shopdesignspark
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Shirt, \$28;
aeropostale
.com.



Sneakers, \$22;
qupid.com.

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DON'T DENY YOUR DRY EYES

It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- ▶ **Dryness/itching**
- ▶ **Burning/stinging**
- ▶ **Feeling like something is in your eye**
- ▶ **Sensitivity to light**
- ▶ **Blurry vision**
- ▶ **Problems wearing contact lenses**
- ▶ **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- ➔ **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- ➔ **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.





Scarf, Simply Vera Vera Wang, \$32; kohls.com.



Cuff, \$8; outragefashion.com.



Skirt, \$34.60; makemechic.com (20% off with code RBKMARCH20).

20%
OFF



Bag, \$24.94; oldnavy.com.



Jeans, Celebrity Pink, \$44; macys.com.



Necklace, \$40; initialsinc.com.



Top, Mossimo, \$22.99; target.com.



Heels, \$39.95; justfab.com.

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*vs ordinary soap

FOOLPROOF

BRIDGE IT



We know, wearing color can be scary, but it's so worth it: You instantly look younger and more energized (who doesn't want that?). These tips—half for baby-steppers, the other for dive-in types—will change the way you feel about that safe, neutral closet of yours.

PHOTOGRAPHED BY
DAYMION MARDEL

Go all one color...

Opposite: Sticking to a single palette is safe, but it becomes playful when you mix in lots of fun details.

Vest, The Limited, \$98. Tank, Attention, \$16.99. Necklace, Ana Accessories, \$19.99. Scarf, H&M, \$12.95. Bracelet, Sequin, \$98. Purse, Saturday, \$275. Pants, Talula, \$60. Sneakers, Wanted, \$59.99 (25% off with code 24PERNT25*REDBOOK).

...or add electricity

If you choose simple, ladylike shapes, you can turn the volume up, up, up and not seem loud.

Coat, A.P.C., \$560. Top, Loft, \$69.50 (20% off with code REDBOOK20). Necklace, Mixit, \$32. Bangle, Coach, \$115. Skirt, The Limited, \$69.95.

Mix your lemons...

Cheery yellow takes on a ritzy vibe when paired with rich creams and golds.

Earrings, Shop Prima Donna, \$9.99. Jacket, Ted Baker London, \$475. Top, Blaque Label, \$106. Skirt, GB, \$49. Clutch, Street Level, \$40. Ring, CC Skye, \$125 (20% off with code RED20).





...or stick to one bold statement

This citrus-hued coat will make your jeans-and-tee addiction look super-chic. Earrings, The 2 Bandits, \$98. Coat, Liz Claiborne, \$90. Sweatshirt, Fruit of the Loom, \$6.94. Necklace, Coach, \$90. Purse, Street Level, \$55. Jeans, Joe Fresh, \$59. Flats, Boden, \$148.



Break it up...

A column of color under a trim jacket is subtle enough for work—and so slimming.

Jacket, Banana Republic, \$175.

Dress, Calvin Klein, \$160.

Necklace, Stella & Bow, \$120 (20% off with code REDBOOK20).

Rings, from left: Flaca Jewelry, \$95; Eritations, \$35 (25% off with code REDBOOK25); Blaine Bowen, \$55; Purse, Botkier, \$248.

Heels, Nine West, \$89.

...or pile it on

Same-hued pieces that flow into one another turn you into a tall, elegant drink of water.

Earrings, Kenneth Jay Lane, \$150.
Top, Eloquii, \$58. Sizes 14 to 24.
Bracelet, Stella & Dot, \$59. Skirt, Tracy Reese, \$248.





Play it soft...

Lush, flowy fabrics and calming pastels take the edge off a shocking color.
Earrings, Shop Prima Donna, \$9.99. Top, Michael Michael Kors, \$69.50. Bracelets, R.J. Graziano, top, \$45, bottom, \$70. Skirt, Alythea, \$49.99. Purse, DKNY, \$248. Heels, Sole Society, \$69.95.

...or nice and sharp

Classic pieces are just as polished when they come in vibrant hues. They'll kick up a simple outfit—and your mood!

Trench, 424 Fifth, \$179.
T-shirt, Old Navy, \$9.50.
Sizes XS to XXL. Rings, from top: Earthy Chic, \$35 and \$125 (25% off with code REDBOOK25); Gorjana, \$65. Watch, Swatch, \$50. Purse, Gap, \$100. Pants, Jealous Tomatoes, \$36. Flats, Dolce Vita, \$130.

FASHION DIRECTOR:
Jennifer Hitzges.

HAIR: John Ruidant
for Oribe Haircare at
See Management.

MAKEUP: Aidan Keogh.

SET DESIGN: Zac Mitchell
at Art Department.

See shopping guide,
last pages, for details.



Top, \$49.50;
REDBOOK
price: \$39.60

Earrings,
\$29.50;
REDBOOK
price: \$23.60

Necklace,
\$39.50;
REDBOOK
price: \$31.60

Jacket, \$89.50;
REDBOOK
price: \$71.60

Pants, \$79.50;
REDBOOK
price: \$63.60

RETAIL THERAPY

What we love at Loft

It's not just the **exclusive 20% discount** that makes these pieces so undeniably attractive: It's that their sleek lines and chic little details mean it'll be super-simple for you to build dozens of modern work, weekend, *whenever* looks.

Flats, \$59.50;
REDBOOK
price: \$47.60

Skirt, \$69.50;
REDBOOK
price: \$55.60

Dress, \$79.50;
REDBOOK
price: \$63.60

20%
off full-price items in
stores and at
loft.com with code
REDBOOK20.

Sandals,
\$79.50;
REDBOOK
price: \$63.60

Clutch, \$29.50;
REDBOOK
price: \$23.60

Sneakers,
\$49.50;
REDBOOK
price: \$39.60

Tank, \$44.50;
REDBOOK
price: \$35.60

DONALD PENNY/STUDIO D. STYLIST:
CLAIRE TEDALDI AT HALLEY RESOURCES.

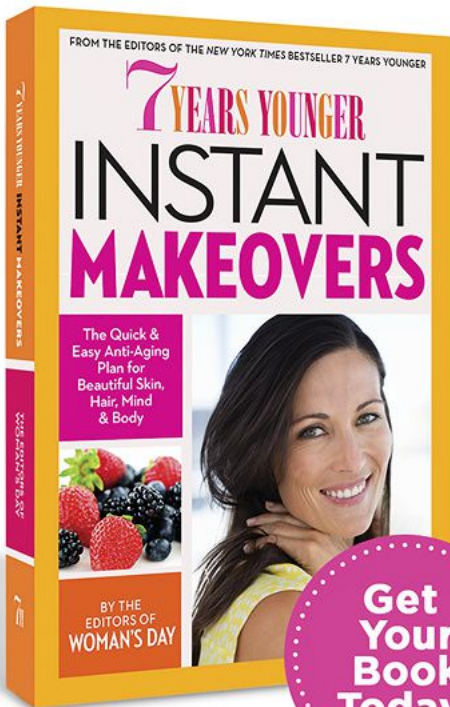
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red

body

Eat cheese. No, really!

Dairy may actually lower blood pressure and cholesterol and protect against heart disease and diabetes, research shows. So have two servings a day, mostly from low-fat milk and yogurt. "And don't forget to enjoy a thumb-size portion of *full-fat* cheese on occasion," says registered dietitian Sonya Angelone, spokesperson for the Academy of Nutrition and Dietetics. It's so satisfying that you'll eat less of everything else.

Pick a cheese,
any cheese.
(Just maybe
not all of this
at once.)

What doctors tell their friends about allergies

It's not just you: More people are suffering from allergies than ever before. The advice these doctors give their closest pals can help you get relief and enjoy spring again.

BY STEPHANIE ANDERSON WITMER

Allergies are like sleep apnea

"When a girlfriend or one of her kids isn't sleeping well, I always suggest that they be evaluated for allergies. Allergies can affect your quality of sleep to the same degree that sleep apnea does. When you're congested, you can have these micro-arousals where you wake up gasping for air. You don't get the amount of REM sleep you need, so you wake up tired, you're unproductive at work, you fall asleep in the car—you do all the things that people with sleep apnea do. A lot of people think their allergy medicines make them tired—and some can—but you may actually be drowsier when you're *not* being treated." —*Janna Tuck, M.D., fellow of the American College of Allergy, Asthma, and Immunology and allergist at Allergy Partners of Cape Girardeau in Cape Girardeau, MO*

Stress is messing with you

"When a person with allergies is under stress, the immune system can respond by making their symptoms worse. And I often tell my friends and family, if you're not coping with your stress, your allergy medicine might not be as effective. It's like there's a leak in the boat. Case in point: I once had a patient who suffered from allergies and migraines. After adjusting her medications, I told her to eat right, get enough sleep, and exercise regularly. After six months, those things had not only improved her allergies but

also decreased the frequency and severity of her migraines. She's on less medication now for both conditions." —*Neil Kao, M.D., fellow of the American Academy of Allergy, Asthma, and Immunology and allergist at Allergic Disease and Asthma Center in Greenville, SC*

Start treating your seasonal allergies now

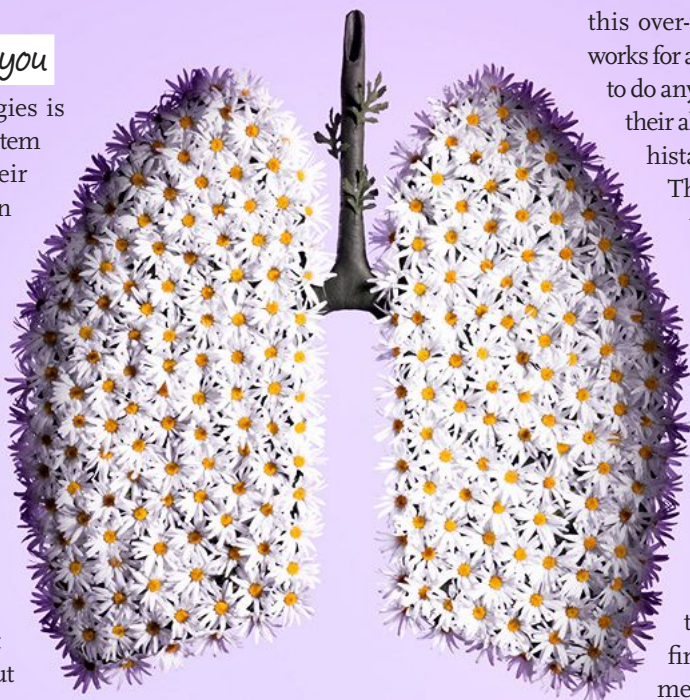
"I tell people all the time to see an allergist by February or early March and to start taking their medications by mid- to late March, depending on what they're allergic to. That's sooner than allergy sufferers would have acted 10 or 15 years ago, but the environment is different today than it was then. There's plenty of research that links climate change to higher carbon

dioxide levels, which lead to accelerated plant and pollen growth. That means more intense allergy seasons that start earlier and last longer. There's no doubt that in the last few years, I've seen a marked rise not only in the number of people suffering from allergies—some of whom have them for the first time as adults—but also in the intensity of symptoms. It's a common thing I hear from my friends: 'I've never had allergies before' or 'I only had allergies when I was a child, but now they've come back.' I tell them to blame climate change." —*Neeta Ogden, M.D., spokesperson for the American College of Allergy, Asthma, and Immunology and practicing allergist in Englewood, NJ*

Stop self-medicating

"Friends will call me and say, 'I've tried this over-the-counter medicine and it works for a while, but then it doesn't seem to do anything anymore.' That tells me their allergies are getting worse. Antihistamines don't zap histamines.

They just work to block the receptors where histamines activate, and even at that, they only block about a third of them. So over time, as you become more and more exposed to a specific allergen, there's a snowball effect and your symptoms get worse. It appears that the antihistamines aren't working as well, but really, they're doing what they've always done. That's why roughly two thirds of allergy sufferers won't find relief from over-the-counter medications. They may benefit



from prescription meds, but at least half of them would be better off with allergy shots or tablets, which stop the body's allergic response." —James L. Sublett, M.D., president of the American College of Allergy, Asthma, and Immunology and managing partner of Family Allergy and Asthma in Louisville, KY

Toss your air fresheners

"Sure, they make your house smell nice, but some air fresheners, scented candles, and wall plug-ins contain volatile organic compounds (VOCs), which are toxic to us. Think about it: You can smell them because these chemicals go into the air and then into your nose. For an allergy sufferer, that can make your symptoms worse and even trigger asthma attacks. If you don't have allergies, it can still irritate your eyes, nasal passages, sinuses, and throat. My girlfriends will say, 'But I need them. I love for my home to smell wonderful.' I tell them, 'No, you don't. Just clean your house!'" —Tuck

Your beauty routine should change during allergy season

"When friends with seasonal allergies need to be outside on high-pollen days, I tell them to take their prescribed medications before they head out and to wear a hat and sunglasses to keep pollen out of their hair and eyes. But it's also important to know that mousse and other sticky hair products can turn your hair into a pollen magnet. Moisturizers and sunscreens are a necessity, but since they can cause pollen to stick to your skin, too, you should shower and wash your hair at night so you don't transfer pollen onto your sheets." —Clifford W. Bassett, M.D., medical director of Allergy and Asthma Care in New York City, professor at New York University School of Medicine and Cornell University Medical College, and fellow of the American Academy of Allergy, Asthma, and Immunology

Pollen can trigger food allergies

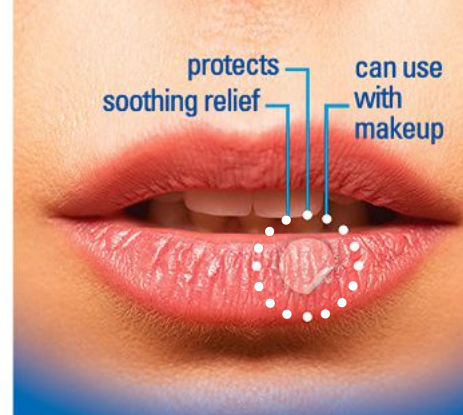
"One third or more of people with a pollen allergy may develop oral allergy syndrome (OAS), a cross-reaction between food and pollen that may be more pronounced

“OTC meds won't work for most of us.”

during pollen season. Proteins that are either in or on the surface of a variety of fresh fruits and veggies—including apples, pears, celery, carrots, peaches, and cherries—cross-react with similar proteins found in tree, grass, and ragweed pollen. Personally, I often have trouble eating apples and cherries during pollen season; with OAS, your body can't tell the difference between their proteins and birch pollen. My throat gets itchy when I eat them, though peeling or cooking them usually helps. Roughly 2 percent of people who have OAS will develop more prolonged, persistent, and serious allergic reactions. My sister had OAS with kiwi. When her symptoms worsened, I suggested she avoid kiwi and carry an epinephrine auto-injector, just in case. Anyone who experiences food-allergy symptoms should see a board-certified allergist.” —Bassett

Be careful with antibiotics

"There's no doubt that there has been an increase in allergies and asthma worldwide, and it might have something to do with the microbes that live in our gut and respiratory tract, both of which can be altered by an unhealthy diet and antibiotics. Antibiotics destroy some of these colonies of bacteria, and some research suggests that may predispose someone to allergies and asthma. Fortunately, we're starting to move past the age of everybody taking antibiotics for everything—we know now that they're unnecessary for most ear and sinus infections. But I still remind my friends and family that they and their kids should use antibiotics wisely and only when needed." —Timothy Craig, M.D., distinguished educator of allergy, asthma, and immunology at Penn State Milton S. Hershey Medical Center in Hershey, PA, and fellow of the American Academy of Allergy, Asthma, and Immunology



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If you spend time slumped over a smartphone (oh, you do?), you need this posture-enhancing move from Los Angeles-based trainer Valerie Waters. It'll ease back and neck pain and make you seem slimmer, too.



STEP 1

Stand against a wall with your feet about a foot in front of you. Pull your belly button toward your spine and pin your shoulders back. Everything from your tailbone up—including your hands, elbows, and head—should be pressed against the wall.



STEP 2

Raise your arms along the wall until your hands come together at the top of your head (it's like making a snow angel). Move your arms at a pace that feels comfortable to you—just be careful not to let your upper body leave the wall. Lower your arms again, and repeat 10 times.

Q
A

TOUGH LOVE FROM A TRAINER

Is the elliptical right about the number of calories I've burned?

On behalf of those trying to cancel out a 300-calorie muffin, we spoke with Anita Golden, fitness manager at Crunch in San Francisco. Bad news, guys: It doesn't work like that.

Golden: That "calories burned" count isn't accurate at all. Even if you input your age and weight, an elliptical can't calculate your resting metabolic rate. It doesn't take into account how active

you are, which determines how quickly you'll burn calories. People who are constantly moving burn more calories even when they're at rest.

REDBOOK: That's not me—I'm pretty much chained to my desk. How can I burn calories more efficiently?

AG: It's all about intensity. Try doing intervals on the treadmill where you sprint for 60 seconds, then walk for 60

seconds. You shouldn't be able to talk—if you can, you're probably not pushing yourself hard enough.

RB: Okay. But for the record, I still want my calorie number.

AG: Stick with the program. If you stay active, eat well, and work out, you *will* be successful. Consistency is more important than some elusive number.

—Karen Snyder Duke



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**MARCH'S
SUPERFOOD**

Cauliflower

White foods have a rap for being full of empty calories—but that sure doesn't apply to cauliflower. A cousin of power-houses like broccoli and kale, cauliflower is packed with glucosinolates, chemicals that may help lower your risk for breast and lung cancer. "It's also an excellent source of vitamin C, as well as folate, which helps prevent birth defects," says registered dietitian Jessica Cox, the culinary nutritionist for eMeals.com. Three ways to eat this do-gooding veggie:

Add it to hummus. Steam a small head of cauliflower and blend with store-bought hummus, or make your own with 1 15-oz can chickpeas, ¼ cup tahini, ¼ cup lemon juice, 2 Tbsp olive oil, 1 garlic clove, and ½ tsp salt. Garnish with parsley and use it for dipping or as a sandwich spread.

Roast it like crazy. The hotter you bake cauliflower, the sweeter it gets. Toss florets with olive oil, seasoned breadcrumbs, and a pinch of salt; roast on a baking sheet at 425°F for 40 minutes, until golden and caramelized. Top with grated Parmesan and lemon zest and serve.

Swap it for rice. Pulse cauliflower florets in a food processor until they resemble rice. Steam for about 7 minutes, until tender. Toss with lemon juice, unsalted butter, chili powder, and salt to taste. Top with scallions and serve warm as a mildly spicy side for tacos, curries, or any other dish you'd eat with the grain.

—Marygrace Taylor

FOOD LABELS, DEMYSTIFIED Cryptic food packaging? Nobody's got time for that. Here, what some of those health-food terms *really* mean, so you can move on to the next aisle already.

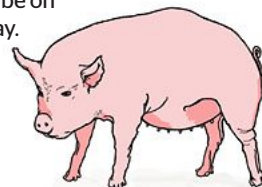
Cage-free or free-range The chickens were raised un-caged inside or outdoors. Sounds good, but neither guarantees that the birds actually *went* outside or were fed a diet free of pesticides and antibiotics. (Pesticides have been linked to cancer, while antibiotics can contribute to antibiotic-resistant bacteria.) For that, buy poultry and eggs labeled as "USDA Organic," says Stefanie Sacks, author of *What the Fork Are You Eating?*



Sprouted This label is used for grains, legumes, and seeds that have been left in a warm, moist setting until they literally start to—yup—sprout little tails. They tend to be easier to digest and are higher in some nutrients, like vitamin C. Throw sprouted beans in a salad for a bit of extra protein, or make a fast, fiber-packed side for dinner by tossing sprouted whole grains with olive oil, lemon juice, nuts, and parsley.



No added nitrates or nitrites Most nitrate- and nitrite-free processed meats are free of synthetic versions of the chemical preservatives, but not the naturally derived ones that come from celery salt or powder. Since high levels of either may be linked to cancer, bacon and deli slices shouldn't be on your menu every day. When they are, reach for meats with no *added* nitrates or nitrites, Sacks says. —M.T.



Sweet raisins and tart cranberries.

Together at last.

I love redheads

Stop, I'm blushing



New Kellogg's Raisin Bran® with Cranberries.

The tongue-teasing taste of tart and sweet, plus an excellent source of fiber and Antioxidant Vitamin E.





Eat right on busy nights

With this delicious make-ahead meal, Hungry Girl Lisa Lillien will not let your hectic days demolish your diet. A dinner that's low-cal, gourmet, and easy adds up to the best Monday ever.

Spicy Asian pork tenderloin

I love to whip up this juicy pork and its restaurant-worthy sauce on the weekend and enjoy it on nights I know I won't get home in time to make something healthy.

Active: 10 minutes
Total: 1 hour and 45 minutes

Marinade

- 2 Tbsp reduced-sodium soy sauce
- 1 Tbsp sweet Asian chili sauce
- 2 tsp chopped garlic
- 1 tsp chopped fresh ginger
- 1 tsp crushed red pepper flakes

Pork

- 1 lb pork tenderloin, trimmed of excess fat

Sauce

- 2 tsp cornstarch
- 3 Tbsp sweet Asian chili sauce
- 1½ Tbsp seasoned rice vinegar
- 1 tsp chopped garlic
- ¼ tsp crushed red pepper flakes
- 2 Tbsp thinly sliced scallions

1. In a small bowl, combine the marinade ingredients. Transfer to a sealable plastic bag; add the pork, remove air, and seal. Gently knead the marinade into the pork. Refrigerate for 1 hour.

2. Heat oven to 425°F. Bring a large oven-safe skillet sprayed with nonstick spray to high heat on the stove. Add the pork, and discard excess marinade. Cook until browned on all sides, about 4 minutes, rotating to evenly sear.

3. Place the skillet in the oven, and bake for 10 minutes. Flip pork, and bake until center reaches 145°F, another 5 to 10 minutes. Remove the pork from the skillet; let rest for 10 minutes.

4. Meanwhile, combine the cornstarch with ¼ cup water in a small nonstick pot set over low heat. Whisk to dissolve. Add remaining sauce ingredients except scallions; stir well. Increase heat to medium and, stirring, cook until thickened, 6 to 8 minutes. Remove from heat, and add the scallions. Serve, or set aside to cool.

5. To store, refrigerate the pork and sauce separately. When you're ready to eat, microwave the pork at 50 percent power until hot, 1 to 2 minutes; slice to serve. Heat the sauce in a small nonstick pot over medium-low heat, or microwave at 50 percent power for 1 to 2 minutes.

Makes 4 servings. Per serving: 191 cal, 4 g fat (1 g sat fat), 555 mg sod, 24 g pro, 13 g car, <0.5 g fiber.

ON THE SIDE

Sweet 'n' crunchy Chinese slaw

This is also delicious as a snack—I could eat it all day long!

Toss 4 cups bagged broccoli coleslaw with ½ cup low-fat sesame-ginger dressing. Stir in ⅔ cup drained and chopped juice-packed mandarin orange segments, ½ cup drained and chopped canned water chestnuts, and ¼ cup chopped scallions. *Makes 4 servings. Per serving: 75 cal, 1 g fat (0 g sat fat), 2.5 g pro, 14.5 g car, 3.5 g fiber.*



SARAH ANNE WARD, FOOD STYLIST; KHALIL HYMONO, PROP STYLIST; CARLA GONZALEZ, HART, NAPIKIN, THRESHOLD PRINTED NAPKIN SET, \$9.99 FOR 4, TARGET.COM



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Dr. Maurie Markman, MD
Medical Oncologist

WHEN YOU DON'T KNOW WHAT TO SAY, STAND UP.

When someone you love is diagnosed with cancer, you have the power to help. There are many ways you can stand up and show that you care.

THEY TALK, YOU LISTEN. One of the most helpful and important things you can do is listen—without judgment and resisting the urge to give advice.

DON'T ASK, DO TELL. Instead of waiting to be asked for help when it is needed, be specific about what you can do and when, such as: prepare a meal, babysit, pick up groceries, help with pets, or provide rides to and from appointments.

LIVE AND LEARN. Educate yourself about your loved one's diagnosis and treatment. When you understand what a cancer patient is going through, you're better able to help keep information clear, track questions, and know how you can be most useful.

STAY CONNECTED. After the initial diagnosis, people tend to drift away. Be someone to count on for the long haul. Check in, send a quick note, or drop off a book. Small gestures go a long way.

Visit ShowThatYouCare.org to learn more about how you can stand up for someone you love.

Pamela Cromwell
Cancer Survivor

Christina Applegate
SU2C Ambassador



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Cancer Treatment Centers of America is a proud supporter of Stand Up To Cancer, an initiative designed to accelerate groundbreaking cancer research for the benefit of the patient. Stand Up To Cancer is a program of the Entertainment Industry Foundation, a 501(c)(3) charitable organization.

YOUR CUSTOM FLAT-BELLY PLAN

It's time to stop pretending that there's a one-size-fits-all solution for flatter abs. Figure out what's holding you back and how to get past it for good.

BY BETSY STEPHENS
ILLUSTRATIONS BY KARI MODÉN

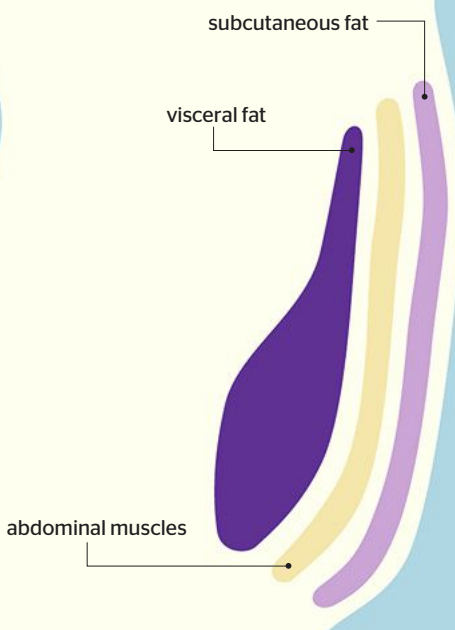
The scary spare tire

YOUR SYMPTOMS Diets haven't helped much, so you figure you have to accept that your poochy tummy is permanent. And it seems like the older you get, the rounder you become.

WHAT'S GOING ON There are two kinds of belly fat: There's the stuff right under your skin that you can pinch (ugh), called subcutaneous fat. But that's actually the less harmful kind. It's visceral fat that poses a real threat to your health. It plumps your middle from the inside out, surrounding organs such as your liver, lungs, and heart—and putting you at greater risk for heart disease, diabetes, and some cancers, says Kristen Gill Hairston, M.D., an endocrinologist at Wake Forest Baptist Medical Center in Winston-Salem, NC.

What causes it? Your genes, for one thing. "Some families just carry most of their weight in their bellies, no matter how thin they are," says Caroline Cederquist, M.D., author of *The MD Factor Diet*. But visceral fat gets worse for *all* of us as we get older, especially if we're under a lot of stress or not sleeping well, says nutritionist Sara Vance, author of *The Perfect Metabolism Plan*. That's thanks to hormones that make us hungrier even as our bodies are practically hoarding fat.

Of course, lack of exercise can cause weight gain too, says Cris Slentz, Ph.D., an exercise physiologist at Duke University Medical Center in Durham, NC. His research shows that skipping exercise causes visceral fat to grow rapidly, in



> as little as six months.

Whichever of these things is causing your excess visceral fat, it's important to get it under control now, says Cederquist. "When estrogen levels dip during perimenopause and menopause, it only gets worse."

YOUR RX If relaxing and sleeping more were options in your life, you'd probably be all over that. Here in the real world, you might have a better shot at controlling what you eat. Cederquist's six-week plan on the opposite page targets belly fat.

But you need to exercise, too. In Slentz's study, walking or jogging 11 miles a week kept visceral and subcutaneous fat at bay, and jogging 17 miles melted them off. At 11 miles a week, it made no difference whether people in the study walked or jogged, and it's fairly safe to say that it wouldn't at 17 miles either. "It's not the intensity of the exercise that matters," Slentz says. "It's the amount."

Work your way up to 17 miles a week with this plan from personal trainer Jessica Smith, creator of the *Walk On: 21-Day Weight Loss Plan* DVD series:

Week 1 (4 miles): 1 mile x 4 days

Week 2 (6 miles): 2 miles x 2 days, 1 mile x 2 days

Week 3 (8 miles): 2 miles x 4 days

Week 4 (10 miles): 3 miles x 2 days, 2 miles x 2 days

Week 5 (15 miles): 3 miles x 3 days, 2 miles x 3 days

Week 6 (17 miles): 3 miles x 5 days, 2 miles x 1 day

Imbalanced muscles

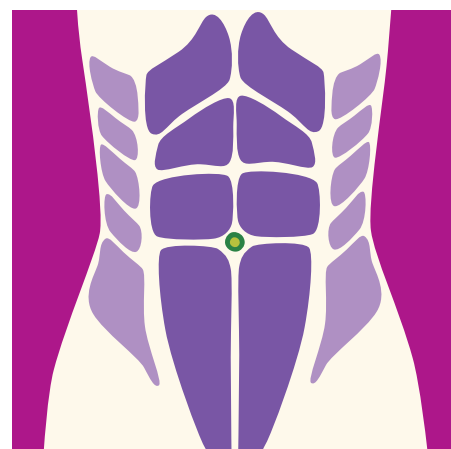
YOUR SYMPTOMS You remember to get a few crunches in—or you actually do them like a pro—but you still don't have flat abs.

WHAT'S GOING ON If the only abs exercise you ever do is crunches, you'll never have a firm tummy, says Stephanie Hahn, a physical therapist at STAR Physical Therapy in Austin, TX. Crunches train your rectus abdominis (your "six-pack") to fold forward. That makes the muscles shorter, and if your transverse abdominals (the muscles that sit behind your rectus) aren't toned, you end up with what experts call a muscle imbalance—and a bulge in your lower belly. "Doing more crunches won't help," Hahn says.

They also aren't the only culprit. Just *sitting* for long periods of time (at your desk job, during Netflix marathons) can wreck your waistline. "When you slouch, the front of your body is rounded, just as it would be in a crunch," says Sean Wells, a physical therapist, certified personal trainer, and exercise expert for the online weight-loss and wellness program BistroMD. "So you're still conditioning your rectus to be in this shortened state—but often, it's also weak."

The pooch is bad enough, but what's worse is the back problems an overworked rectus can create—anything from general pain to degenerative or herniated disks, says Wells. "The stronger muscles in the front of your body take over and your back muscles turn off," he says. With nothing to hold your spine in place, the disks can shift and squish together.

Another imbalance that plagues the abs is between the obliques, the muscles that cinch your sides. You have two sets on both



● rectus abdominis

● obliques

your right and left, and if you show them love, they'll give you a nice hourglass shape. Sadly, your left obliques start out at a disadvantage, says Hahn. Blame your heart, which takes up extra space and makes the obliques difficult to tone—an issue that's compounded if you're right-handed. "Think about where your mouse pad is," says Hahn. "Then you shake hands, change the radio station in the car—you do so much with your right side, making it stronger."

YOUR RX To bring balance to your midsection, keep moving, even at the office, says Katy Bowman, director of the Restorative Exercise Institute in Ventura, CA. When you *are* seated, tilt your pelvis forward, which will curve your lower back and lengthen your abdomen. During your workouts, "focus on moves that work your entire body instead of one muscle group," says Wells. These exercises from Bowman fit the bill. Do them once a day.



Wall crescents

Stand with your butt, bra strap, and head against a wall; clasp your hands together overhead. Lean right, making sure that your body stays against the wall. Slowly bring your upper body back where you started and repeat 10 times. Then switch sides.



Roll over, roll back

Lie on your back with your legs straight and your arms stretched out behind your head. Keeping your ab muscles engaged, roll to your left and onto your stomach, without bending your arms or legs. Roll to your left again and return to your back. Repeat 10 times, then do the same to your right.



Rolling like a ball

Lie on your back with your knees bent in toward your chest; wrap your arms around your thighs. Engage your ab muscles to initiate a rocking motion. Don't roll back beyond your bra strap or forward past your tailbone. As you rock, turn your body clockwise until you've made a full circle. Repeat in the opposite direction.

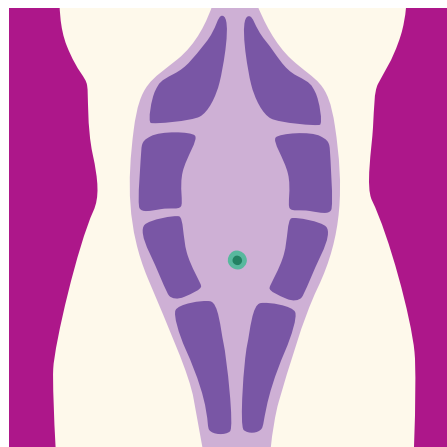
The mommy pooch

YOUR SYMPTOMS Pregnancy gifted you with a bundle of joy and a squishy stomach. Sometimes it's coupled with low back pain. Ah, the joys of motherhood.

WHAT'S GOING ON When your uterus grows during pregnancy, it pushes against your abdominal wall. If that pressure gets too intense, the muscles can open up, creating a separation known as diastasis recti, says Suzanne Trupin, M.D., CEO at Women's Health Practice in Champaign, IL.

Though your uterus shrinks back to its normal size after the baby's born, your muscles don't always close—in fact, in a small study, nearly 40 percent of women still had a gap six months after giving birth. This breach allows the soft tissue behind your abs to come through, Trupin says. Plus, your back muscles have to compensate for your off-duty abs, putting you at risk for back pain.

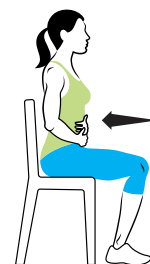
If that sounds like you, try this simple test: Lie on your back and place three fingers at the base of your belly button, pointing toward your feet. Lift your head and press with your fingers. If you feel your fingers sink, you have a diastasis.



● rectus abdominis

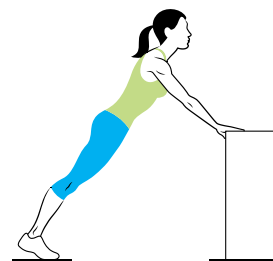
YOUR RX It's not the rectus you need to work—it's your inner abs, the transverse abdominals. These muscles wrap around your entire core, and when they're strong, they cinch your waist like a corset. In a Cornell University study, women who worked them for just 10 minutes a day saw their diastasis shrink to almost nothing.

Once a day, do the moves at right from Leah Keller, creator of the Dia Method. For best results, pair them with the diet below.



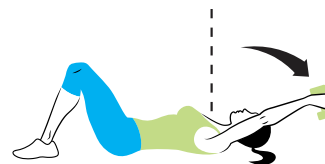
Core compressions

Sit tall in a chair with your feet hip-width apart and your belly flattened toward your spine. Place one hand on your upper abs and the other on your lower. Take a deep breath in, then exhale forcefully to draw your abdominal muscles in even tighter, keeping your back straight and still. Continue for five minutes, focusing on slow, complete tightening of the muscles. Do two sets.



Incline plank

Place your hands on the back of your couch and step back about three feet, so your body is leaning against it at a 45-degree angle. Keep your back straight and your belly flat. As with core compressions, pulse your abdominal muscles from tight to tighter, exhaling with each squeeze. Do two sets of 20 pulses.



Waist anchor

Lie on your back with your knees bent and your feet on the floor. Holding a 3- or 5-pound weight in each hand, extend your arms straight up. Inhale and slowly lower your arms behind your head. Exhale firmly, pulling your belly button toward your spine as you bring the weights back up. Do two sets of 10.

The diet that actually works

It's low-carb, but don't let that put you off. "Too many carbs spike your blood sugar," Vance says. Your body converts that glucose into energy *or* stores it as fat. "When you take those carbs away, it has to get energy somewhere, so it starts burning fat."

This plan, created by Cederquist exclusively for REDBOOK, cuts carbs significantly for three days, reducing excess insulin, a fat-storing hormone. Then it brings them back slow and steady (see below). During each phase, you should eat plenty of lean proteins (100 g) and healthy fats (45 g) throughout the day to keep you feeling full and ward off cravings. The protein will help you build and maintain muscle mass, too, which is key to burning calories, Cederquist says. Pack your bags, belly fat!

For three days	>	CLEANSE	>	60 g of carbs
For four weeks	>	LOSE	>	100 g of carbs
For two weeks	>	MAINTAIN	>	120 g of carbs

***Repeat the weight-loss and maintenance portions until you've reached your goal weight.**

THE GOOD CARBS Instead of simple carbohydrates (like baked goods or chips), reach for *complex* carbs. Generally, vegetables are the lowest in grams, followed by beans and legumes, fruits, and whole grains. Stick to 30 grams or fewer at a sitting to avoid spiking your blood sugar.

For a list of foods that makes carb-counting a breeze, visit redbookmag.com/goodcarbs.



GRAB A SEAT
and
Let's
DIG IN

The best dinners are the ones with lively conversation.

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Ensuring a Balanced Plate

Sustainable farming can help ensure that everyone will have access to fruits, grains, vegetables, meat and dairy—helping make a balanced meal more accessible for everyone.

DID YOU KNOW?

1/3 OF THE WORLD'S CROPS are pollinated and made possible by honey bees. Researchers and other experts are working to support the health of the busy honey bee—and the foods we love.*

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Every Drop COUNTS



Advances in harvesting rainwater (among other things) can help farmers reach 95% of their crops' maximum potential. And produce

2.3 BILLION TONS
more grain.**

* Natural Resources Defense Council

** United Nations Environment Program

Try Some Backyard Farming

Plant a vegetable garden with your kids and they'll be more likely to eat their veggies! They'll also have fun learning the keys to successful, sustainable agriculture:

To maximize your "harvest," space plants with enough room to grow

Make pathways between rows to make vegetable picking easier

Water in the morning to minimize evaporation

And take a tip from today's farmers: Sustainable farming begins with healthy soil—to keep plants (and our families) well nourished.



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5 choices to make for great health

Roll out of bed. Have a snack. This month, taking better care of yourself is no big thing. Which means: no excuses.

THE MAT THAT CHEERS YOU ON

Morning yoga is only good for you if you actually do it. Affirmats will help: They come with sweet messages—“Rise & shine on,” “Look how awesome you are”—that you’ll look forward to seeing even at 6 a.m. If you’re *still* dragging, try a tree pose: Stand on one foot, with your opposite foot on your inner thigh, knee turned outward. Clasp your hands at your chest and hold for five breaths. “It’ll help you focus and find your center,” says Kristin McGee, a yoga instructor in New York City. \$66; affirmats.com (25% off with code REDBOOK25)

THE BEST THING YOU CAN DO FOR YOUR EYES

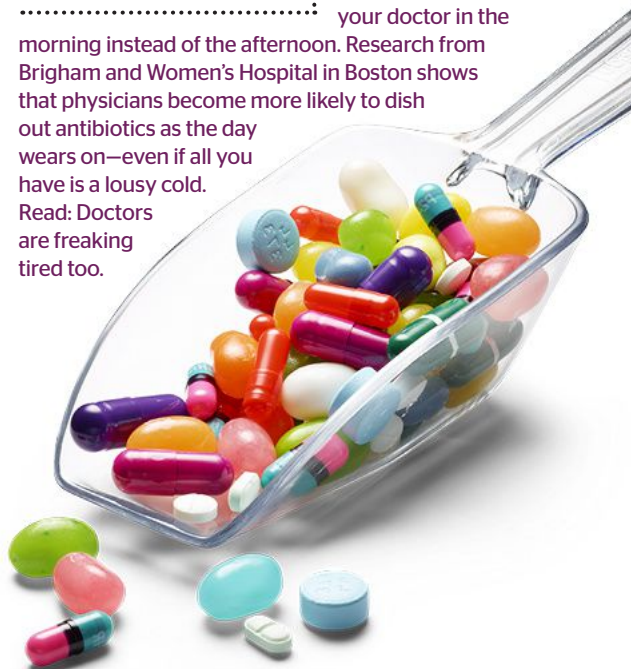
Americans are treated for nearly a million sometimes-serious eye infections each year, according to a new report from the Centers for Disease Control and Prevention. The biggest culprit: not using contact lenses properly. “Too many people take shortcuts,” says epidemiologist Jennifer Cope, M.D., a spokesperson for the CDC. “They’ll wear their contacts longer than recommended, they don’t clean them correctly, they sleep in them.” And women are guiltier than men, she says. (!!!)

BECAUSE PILLS AREN'T CANDY...

Avoiding a useless scrip might be as simple as seeing your doctor in the

morning instead of the afternoon. Research from Brigham and Women’s Hospital in Boston shows that physicians become more likely to dish out antibiotics as the day wears on—even if all you have is a lousy cold.

Read: Doctors are freaking tired too.



20

The number of minutes it takes to sharpen your mind. In a study at Georgia Tech in Atlanta, people who did intense resistance exercise (code for things like planks, squats, and push-ups) for 20 minutes improved their memory by about 10 percent—exercise triggers brain-boosting hormones. So get moving, and be brilliant.



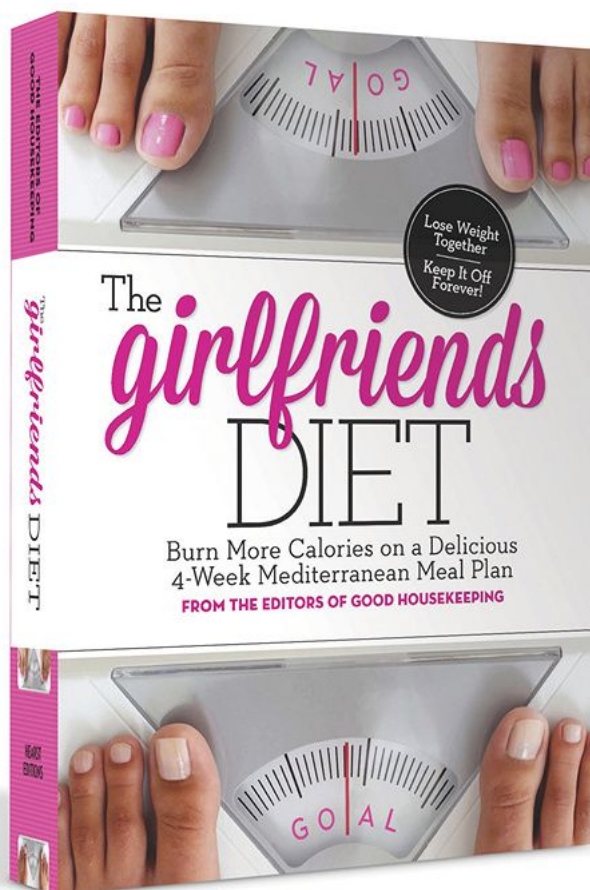
Go, nuts!

Now almonds are just showing off. In a recent study, men who ate a handful of them a day for just *four weeks* had lower blood pressure and improved blood flow. “We anticipate that the effect would be the same for women,” says study author Helen Griffiths, professor of biomedical sciences at Aston University in Birmingham, UK. Weeks! Think what *years* could do.

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- ❁ Flatten Your Belly
- ❁ Enjoy a Mediterranean-style Meal Plan: Delicious food PROVEN to melt off excess pounds
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* Average weight loss is 1-2 pounds a week.

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Capture little things that make you smile, like spring flowers or your funny cat.

Be happier in one click

Terrific news for the long stretch of time before your next vacation: Pleasurable moments in regular life bring as much happiness as big events, a new study found. "But you have to carve out time to document them and then make a point to rediscover them," says researcher Ting Zhang of Harvard Business School. Snap a pic (or start a "happy list" on your phone's note-taking app) so your cloud is full of everyday joy, not just special occasions.



FUNNY

Anna Faris is a comedy darling with a very hot husband, but nearly three years ago, the premature birth of her son changed her world. Now the star of the TV show *Mom* is still hilarious, but also a thoughtful, refreshingly honest mom herself.

MOM


Watching Anna Faris get served a hamburger is like taking a master class in comedy acting. First, as the plate is set in front of her, she cringes dramatically. Then, she narrows her big blue eyes and picks it up with both hands. “Remember how awkward it was to take a huge bite out of something on a first date?” she asks me. And without missing a beat, she opens her mouth wide enough to get a cavity filled and goes for it. I wasn’t expecting my Hollywood lunch date with the 38-year-old star of the hit TV show *Mom* to be quite this low-key or girlfriend-y, but then again, this *is* the actress whose role as an aspiring centerfold in *The House Bunny* made me laugh so hard I choked on my popcorn (not kidding). Anna is way more cool, down-to-earth mom—wearing a cute denim skirt with scuffed cowboy boots on this afternoon—than major movie star. She casually banters with our server and asks me lots of personal questions. (Trust me, that never

happens in an interview. Actually, I’m not sure I’ve ever seen an actress eat a hamburger, either.) The only time she picks up her iPhone is when she shows me snaps of her son, Jack. “He definitely has his dad’s body,” she says with a smile. “He’s a little beefcake.”

Jack’s father, of course, is *Parks and Recreation* and *Guardians of the Galaxy* star and newly minted sex symbol Chris Pratt. The pair met on a film set and married in 2009—his first marriage, her second. (She divorced actor Ben Indra in 2008.) Though Anna admits they’re both a little reticent about doing the red carpet, Chris never hesitates to show his affection for Anna in some sweetly nutty way. For instance, he once French-braided her hair and Instagrammed it with the tag #RealMenBraid. (When REDBOOK asked Chris about his hairstyling skills, he laughed: “It’s all about having an incredible amount of natural talent for braiding, which not everyone is blessed



"Chris loves trucks and mud and country music," says Anna. "I'm more urban, I guess. I like books and reality-TV shows."



with, I'm sorry to say.") "Chris and I have talked about it, and we can't quite define the strong tie between us," says Anna. "It's like an inside joke that only we are in on." That strength was put to the test when Anna gave birth to their son, Jack, nine weeks early in August 2012. Though doctors told the couple to prepare for a child with special needs—he was born at only 3 pounds 12 ounces—Jack, now 2½ years old, "is so verbal and loving, coordinated and strong. People are always telling me how smart he is, which is extra-special to me," Anna says. When she speaks about the experience, her gratitude is palpable. "It's only now that we can tell our story, even with friends. Before, it still felt too raw," she confesses.

And, like so many working moms, having a child has given Anna the opportunity to reprioritize everything. Whereas the actress was once completely content with the unpredictable hours and far-flung locations of movie sets, she says she's now thankful for the stability of a successful TV gig. But that still doesn't make the high-wire act any easier. Says Anna: "Motherhood is just like a big sleeping bag of guilt." (Yes, completely, 100 percent.) Here, she opens up about those scary hours at the hospital, what marriage really means to her, and how there's a piece of her that just wants to pack up the house and move to the suburbs. Like most of us, it's clear that she's still figuring it all out too.

Have you always been funny?

No. I was a very serious kid. I was really short, so I had a little bit of a Napoleon complex. Like, I was bossy to the neighbor kids but quiet in school so I wouldn't be teased.... Being in the world of comedy has given me the ability to laugh at myself, which is liberating.

So what made you jump from movies to a sitcom?

Truthfully, I didn't know what I was going to do after I had Jack. I started to think maybe I would hang up my hat and stay at home. Chris's career was going great, so we could pay the mortgage. Also, I suddenly felt like, *Have I crossed into the period where I can no longer be somebody's girlfriend or love interest? Am I suddenly viewed as a mom?*

I think most new moms feel pretty unsexy.

Right. Being a new mom makes you feel so vulnerable anyway... I just didn't know if I could handle trying to sell myself to somebody. So when the *Mom* script showed up on my doorstep and the character was so messy and challenging, it felt like a huge gift. And also, I was starting to feel kind of restless and bored staying at home. I had this feeling like, *I should do this*. Then I finally realized, *Oh, I don't know if this makes me very happy*. So I'm just coming to terms with what I think is something all mothers experience. It's infuriating that my husband doesn't feel it too.

I applaud you for admitting it, because

so many women feel that way but don't want to say it out loud.

We're so hard on each other. And we're so hard on ourselves that we don't need anyone else to be hard on us. I have to recognize that it makes me happy [to work]. And maybe Jack will hopefully be a more independent person because of it. Listen to me, I'm trying to justify it! *[Laughs]*

On your show, you play a recovering alcoholic single mom who lives with her ex-drug addict mother. What's your relationship like with your real mother?

It's great. She's a total mom. She sends me newspaper clippings about how I'm probably not getting enough vitamin B12. She is crazy about my son in a way that is so touching to me. My mom said, "I feel giddy, like I've fallen in love again." I'm so lucky for my family and for Chris and for my son. Jack being born early really reframed everything for me.

I can only imagine. Was it a sudden delivery?

I thought I was having a completely normal pregnancy. I wasn't sick. I felt great. But my water broke in the middle of the night at seven months. I just woke up and the bed was wet and I was completely unprepared. So we rushed to the hospital, and they were able to halt active labor with magnesium.

How did Chris react?

He was so amazing. I was at the hospital and the goal was to be in bed for four weeks. Chris brought in artwork and slept there every night. He would bring a six-pack of beer—I wasn't allowed to indulge, of course—and we'd watch movies. But on the seventh day, I went into labor again. I was in denial. For hours I was like, *I'm just having indigestion*. Chris and I were so scared, but when Jack came out, even though he was so tiny, he looked so good to us. Maybe that's just the chemical that gets released in your brain.

I think part of it is, sure.

So he was there for a month, and we would go in every day and spend all day with him.

That's so hard, having to leave and not go home with your kid.

It was. I had to summon strength in me that I never had to before. I worked hard at being a soldier, not breaking down, thinking, *We will get through this*. Chris and I have very similar personality traits. We don't really cry. So I felt if I broke down once, I would be breaking down all the time. And we did feel like, You know what? As long as he's happy, it will be fine. We're going to love him as much as we can.

Chris recently said, in a speech, something to the effect of "You think everything happens to other people and not you." I thought it was really generous to share that.

I felt so much guilt—like, what did I do wrong? Maybe a week after he was born, we were told that he had some issues that they detected on the brain scan. Basically, the doctors told us we would have to wait and see. We were like, "For how long? Four days?" No, a year!



Family time! Anna shared this photo of a typical night for her, Chris, toddler Jack, and their pug Bonzo.

Jack is 2 now. How is he doing?

We're feeling out of the woods, which is why only recently we've been able to tell our story. Jack has met all of his milestones. He had an eye surgery, and I think he will have to have another one. He wears corrective glasses, which are so cute. Every parent should put their kids in glasses before they get on a plane. You see people tense up because they're worried they're going to sit next to a kid, and then they see Jack in his glasses.

Ultimately, do you feel like the experience brought you and Chris closer together?

Yes. It's one of those things that drives you apart or makes you closer. I think that being a father is very meaningful and rewarding to Chris. He's a great dad. He's a little more serious than he was before. It forces your hand. You really have to become an adult.

Can we talk about sex after baby?

Or the lack thereof?

Nothing spontaneous can ever happen again. I actually think we are doing well for most married people, from what I hear. But everything has to be so planned out. Like, now it's *sexy time*!

When do you feel most sexy?

Oh, gosh! I don't know if I ever do. Sexy is a bit elusive to me.

Speaking of which, did you see this whole "Chris Pratt the action star/sex symbol" thing coming?

I've got to tell you, I did. He's like a magnet—people want to be around him. It's funny, when he first moved to L.A., he had some friends of friends who lived up in the Hills. They're a married couple who are agents. He slept on their *lawn chair* by the pool for a couple of months. Every once in a while we'll run into them at a function, and they'll always say the same thing: "We totally saw this coming." They *knew* he'd be successful. I'm just proud of myself that I finally bet on a thoroughbred.

He recently lost 65 pounds over a few months. Were you doing bench presses too?

No, I just remember being grumpy because there was no food in the house. I love to cook really fattening things like steak and pasta and potatoes. I bake banana bread. But it's okay. I love Chris ripped and I love him a little rounder, too.

What's the best lesson you learned from your first marriage? Were you afraid to commit again to Chris?

I was just too young. If I could tell Jack anything, it would be to wait until he's 30 to get married. I couldn't focus on anything but my career in my 20s. I was too insecure and easily rattled. I feel so much happier in my 30s than I did

in my 20s. I wasn't afraid to commit again. I've always believed in marriage. My parents have a great marriage.


Is it strange that you two have switched roles and he's doing films while you star on *Mom*?

I have to be honest with myself: If I were in my 20s, I would be feeling kind of competitive. In my 20s I really craved a lot of male attention and I wanted to be the sexy news. And trying to hunt that down is a misery-making journey. But now I'm so happy. There's so much instability in this industry—I realized that I had panic gripping my chest for the last 15 years. Granted, who knows what's going to happen, but it feels very liberating to be like, "Okay, I don't have to be hustling around town."

Now he's the one hustling.

I think he gets the next couple months off. He came home and said that Amy Poehler told him, "You need to spend the next few months being Anna's wife." He says he's going to make sure that there's a hot meal waiting for me. He's going to do all the household duties and get stuff fixed.

So what's next for you?

I was talking to my friend the other day, and I was saying how hanging in this industry is incredibly difficult. It just takes so much—I hate to use this word again—hustle. And now there are days with having Jack where I'm like, I might be ready [for a life in the country]. For some blueberry bushes and an overweight pony, you know? 

"Motherhood is just like a big sleeping bag of guilt."

Plan an awesome family vacation

This year, there will be no fighting or frustration, just honest-to-goodness fun, thanks to incredible destinations where everyone is guaranteed a great time.

BY LISA TUCKER MCELROY

GRAND LAKE, COLORADO

It's a destination that would make Clark Griswold swoon: snow-capped vistas of Rocky Mountain National Park, verdant forests, and the stunning Grand Lake. This small town full of mom-and-pop shops is perfect for outdoorsy families or city folk desperate for large gulps of fresh air.

DO: In the summer, it's all about the lake: There is fishing, paddling, and swimming, or you can rent a pedal boat at Headwaters Marina (starting at \$25 per hour). In the winter, if you're not downhill skiing at the nearby Winter Park Resort or cross-country-ing at the Grand Lake Nordic Center, ride miles of snowmobile trails, or snowshoe right out your door. The National Park is celebrating its 100th anniversary with year-round activities, including an



From top: A view of Mount Craig from Grand Lake; a child gets instruction from a Rocky Mountain National Park ranger; the Gateway Inn.

August reenactment of the town's old-timey roots (think costumed actors and Model T cars). And most days, you can join a ranger-led snowshoe or hiking tour and learn to track animals by their footprints.

EAT: It's a well-known fact that mountain air makes you

ravenous. At Cy's Deli, the large patio (comfy even on warm winter days) looks out over charming Main Street, and the veggie chili is a favorite with locals. For some Western-style ribs and steaks, eat at Sagebrush BBQ & Grill, where kids can grab peanuts from a tabletop bucket, then toss the shells on the floor (they can't do *that* at home!).

STAY: The Western Riviera, the only lakefront motel in town, offers cabins and multi-bedroom suites. Rates start at \$150 per night. If it's views you're craving, rates at the Gateway Inn start at \$125 per night and include breakfast; note that the "cowboy" decor is full-on Woody Woodsmen.

MEMORIES! 3 SWEET, GOOFY WAYS TO GET KIDS INVOLVED



• **Make a reality TV show.** Have every family member use a smart-phone to record secret "confessionals" about their experiences at different points in the trip.

When you return home, round them up and get a laugh at the differing perspectives.
• **Mail yourself.** Every day, have the kids choose a postcard of something they did that day and write

a few sentences (or dictate them to you), then mail the cards home. It's like a bite-size travel journal.

• **Photobomb!** Do your kids have a favorite stuffed animal or doll? Take the same one on every trip, then photograph the li'l companion at every sight and hotel pool.



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KENNETT SQUARE & PHILADELPHIA, PENNSYLVANIA

Heading to Philly? Before you set foot in the City of Brotherly Love, we suggest you visit Kennett Square, a perfectly preserved American town only an hour away.

DO: The Snack Factory for Herr's, a family-owned potato-chip company, is about 30 minutes east of Kennett Square. Take the tour and do your munching before moving on to Longwood Gardens. The former du Pont estate is home to some of the most elegant formal gardens in the world but is still kid-friendly. Then, off to Brandywine Battlefield Park in Chadds Ford, where things didn't go so well for George Washington and company during the Revolutionary War. From there it's about 35 miles to Old City Philadelphia, where history lessons go down easy. Visit the interactive Constitution Center—it's way more fun than it might sound.

EAT: In Kennett Square, have lunch at the Country Butcher Market, known for its excellent sandwiches; grab a cone at La Michoacana, an ice cream shop with unusual (and usual) flavors, all delicious. In Philadelphia, check out the Korean-style fried chicken at Federal Donuts, which has several locations throughout the city, and where each order comes with sweet Japanese pickles and a honey doughnut.

STAY: The Inn at Whitewing Farm in Kennett Square offers tennis courts, a fishing pond, and a hot breakfast starting at \$135 per night. In Philly, the boutique Independent Hotel has rooms featuring French doors and tin ceilings. Weekend rates begin at \$169 per night.



A place for
children to sit
at Longwood
Gardens.



Clockwise from top left:
Elephants at the San Diego Zoo
Safari Park; *tacos pescados* at
Puesto restaurant; a place to
relax at the Bahia Resort Hotel.

SAN DIEGO, CALIFORNIA

If sunshine, fish tacos, long beach walks, and multitudes of family-friendly activities sounds like your idea of a great vacation, then you are human and you should go to San Diego.

DO: Slather on the SPF 50 and head to the Mission Beach and Pacific Beach Boardwalk, a three-mile esplanade where you can bicycle, Rollerblade, or just people-watch. A few miles up the road in La Jolla, kids can visit the sea lions that swim in an ocean pool protected by a sea wall. And on summer nights when the tide is high and the moon is full, join San Diegans in a local phenomenon, the grunion run, where thousands of fish swim ashore to mate and bury their eggs in the sand. Of course, the city includes dozens of other world-famous attractions, including the San Diego Zoo, the New Children's Museum, and nearby Legoland. Buy a Go San Diego Card

online for discounts if you're planning to stay for a few days.

EAT: No trip to SoCal is complete without stuffing your face with some of the country's best Mexican food. There is a shack on practically every block—most are super-cheap (and cash-only). For a sit-down experience, go to Puesto: Mix-and-match three tacos for \$13 at locations downtown and in La Jolla.

STAY: From February to November, you can make an adventurer's dream come true with the Roar and Snore at the Zoo's Safari Park. Visitors spend the night in tents right in the wildlife habitats. (Though they may not be *your* dream come true, the \$140+ per person accommodations are serviceable.) In the city, check into the Bahia Resort Hotel, where rates start at around \$169 per night. Secluded on a private 14-acre peninsula, the hotel offers rooms with kitchenettes and beachfront suites for families who want to spread out.

CLOCKWISE FROM TOP LEFT: COURTESY OF SAN DIEGO ZOO SAFARI PARK; COURTESY OF PUESTO; COURTESY OF BAHIA RESORT HOTEL; COURTESY OF LONGWOOD GARDENS/PHOTO BY LARRY ALBEE.



Clockwise from top left: There are views for miles atop Chimney Rock; a couple feels the beats at downtown Asheville's weekly drum circle; the Biltmore House in all its glory.

ASHEVILLE, NORTH CAROLINA

This charming little city in western North Carolina is brimming with music, food, and culture, but first you'll have to pick your jaw up off the ground—it's located along the Blue Ridge Parkway, one of the most picturesque roads in the country.

DO: Drum circles are either hours of fun or your worst nightmare, so flock to (or stay far, far away from) Pritchard Park, where they're a local tradition on Friday nights. Outside Asheville, exploring the limestone Downton Abbey-esque Biltmore House and estate, with its 250 rooms and 8,000 acres, can fill a day. (There's a kids' audio

tour for \$10.) Outside of town at Chimney Rock State Park, there are kid-friendly trails as well as more scenic ones to hike, like the Hickory Nut Falls Trail to see a 404-foot waterfall. If you've got little ones who aren't up to the challenge, take an elevator up 26-story-high Chimney Rock, which is included in the park admission fee.

EAT: Try the sweet potato pancakes, fried green tomatoes, and banana pudding at Tupelo Honey Cafe. Prepare for a wait, but trust us, there's a reason it's popular. For the best breakfast in town (and some say the South), stop at the Sunny Point Café for huevos rancheros, carrot hotcakes, or deliciously familiar French toast.

STAY: Asheville's a great place to rent a "cabin" (a.k.a. a high-end vacation home). Visit carolinamornings.com to get hooked up. At the Omni Grove Park Inn, where rooms start at \$159, kids can play table tennis in the 50,000-square-foot fitness center, complete with a pool, which, after all the bourbon and grits, you'll be grateful exists.

YOU MUST HAVE A VACATION DATE NIGHT



"Parents need—and deserve—quality grown-up time to refuel and reignite sparks," says Sherry Amatenstein, a couples therapist in New York City. "You're not doing your children a favor exhausting yourselves trying to entertain them." Besides,

she adds, they'll probably welcome a break from you too. How to make it work: **•Get a sitter.** Sign up for free with tripsandgiggles.com to get a list of agencies in more than 20 cities, or search care.com by zip code. Once you've found someone, ask if the sitter can Skype with you beforehand.

•Find a kid-unfriendly event. If there's a wine-tasting festival or a cool band playing at 9 p.m., don't get wistful that you can't go—make that the night you get out. **•Don't spend the entire time talking about the kids.** Going to dinner? Sit at the bar and meet some people.



[WE LEARN FROM HER]

She's cracked the code to girls' success

It's 2015 (2015!), yet women—especially ones of color—are still underrepresented in science and technology. Kimberly Bryant has engineered a program to change that.

BY JESSICA PRESS

Kimberly Bryant was listening to a panel of female start-up founders at a women's leadership conference when she had her aha moment—or, as she likes to call it, her “enough is enough” moment. “The discussion once again turned to the lack of women in technology,” says Bryant, then a biotech consultant. She was used to being the only woman of color in the office, and it had been the same in her electrical engineering classes during college. But this news was dismal: The numbers of women earning science and tech degrees were steadily dwindling. “That was the moment I realized that if I wanted something to change, I had to be the one to do it. I didn't want my then-12-year-old daughter, who was developing a real love of computer science, to journey alone in a male-dominated field, as I had,” she says.

“Reports show that if you ask girls before middle school

if they want to go into science, technology, engineering, or mathematics, more than 50 percent will say yes, with African-American girls showing higher interest overall. But after middle school, that figure falls to less than 3 percent,” says Bryant, who is 48 and lives in San Francisco. So in 2011 she launched Black Girls Code, a nonprofit dedicated to teaching underprivileged African-American, Latina, and Native American girls ages 7 to 17 how to build computer programs through free or low-cost volunteer-led workshops. Now, with seven chapters nationwide and one in Johannesburg, South Africa, Black Girls Code has instructed almost 3,000 students of *all* backgrounds (“any girl who is interested can attend,” says Bryant).

The organization's most popular program is a six-hour Saturday workshop where girls can step into the classroom with no coding knowledge and leave having created their own website, video game, or mobile app. Last year, Brianna Fugate, 18, volunteered to pitch in at a workshop in New York City, handing out name tags and walking students to their classrooms—and then she caught the coding bug. “I thought, *If 7-year-olds can grasp this information so easily, I should give it a try*,” says Fugate. She went on to attend Google's prestigious Computer Science Summer Institute, where she learned multiple coding languages, and is now a computer science major at Spelman College in Atlanta. She says, “Black Girls Code is opening doors to girls like me, who never imagined having careers like these was possible.”

HOW YOU CAN HELP

ASSIST THE LAUNCH OF A NEW CHAPTER. Black Girls Code is expanding to eight more cities and needs volunteers and corporate partners. Get more info at blackgirlscode.org.

DONATE MONEY at BGC's website that will go toward scholarships and funding events, or give to DIY Girls (diygirls.org), a similar program primarily for Latina girls.

CHOOSE YOUR WORDS CAREFULLY. Talk to the girls in your life about nontraditional career paths and introduce them to women whose careers are inspiring, encourages Bryant. “It's important for girls to understand early all of the things they can be—with no limits or boundaries.”



Bryant at a workshop (left), where students learned to build robots (center) and code with the help of volunteers like research scientist Dani Ushizima (above).



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ONES TO WATCH

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New Finds

"As the last bit of slush is melting off the roads, I love finding little ways to usher in a touch of spring," says REDBOOK's senior Web editor, **Meghann Foye**—who's gathered up these five fun finds.



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“I lost everything and found who I was meant to be”

Carol Perkins was a jet-setting model. Then a fire-eater (yes, you read that right) on Broadway. And then she became a shut-in, victim of a mysterious disease that stole her energy, her dignity, and almost her life. How she clawed back from it will inspire you like crazy.

AS TOLD TO SANDY M. FERNÁNDEZ

I remember the moment I realized I was going to die. I was 35 years old, but I was *exhausted*. I had debilitating migraines. My eyes were failing: The outer edges of my vision were blurry and soft. I was retaining fat and water between my shoulder blades so it looked like I had a hump; my face was swollen to the point of being unrecognizable; I was growing a beard. The list of specialists I had seen sounded like a children's rhyming game—gynecologist, ophthalmologist, psychologist, dermatologist—but nobody had any answers that helped. It was like the end of one of those old movies, where the camera slowly fades out of focus, everything gets smaller and farther away, and then it goes black.

My world had been reduced to the square footage of my apartment in Manhattan. It was a miserable situation, but you couldn't help but see the irony. My life—my livelihood, my friends, everything—was built around the way I looked. I became a model just days after high school graduation, when I got off a bus in New York City carrying a photographer's business card. Months earlier, he'd walked into the juice bar where I was working in Sarasota, FL, and said, “You should be a model!” I was dying to get a one-way ticket to somewhere—so that's what I did. Of course, when I showed up in his office, he didn't remember me and was like, “Really? I said you could be a model?” But he sent me to the Wilhelmina agency around



Above: Carol Perkins at home with her dog Mercy. Left: In her modeling days in 1987.

the corner, and they took me on. Whitney Houston was in my division, Iman was around, and things clicked into place for me.

I spent the next decade working hard, traveling the globe. I made a fortune... and spent it. The '80s were a wild time. By the time I was 27, I was probably 65 in drinking years. I had an Olympic-level addiction, and I was bottoming out. So I went into treatment—I remember walking into my first meeting and seeing people I knew from the clubs, and thinking, *Oh, my God! This is where you've all been!* It was hard work, but sobriety saved me, and it started the metamorphosis of leaving one life and growing into another. I was still modeling, but my priorities had changed, and I was thinking about what I wanted to do next. Around that time, a friend set me up with the magician Penn Jillette, of Penn and Teller. We got serious, and when they were looking for a fire-eater to be in their show, they asked if I'd try it. I grew up in the same town as the Ringling Bros. winter headquarters, so my reaction was, “Great! I've always wanted to learn to eat fire!” It's like most things in life: You just have to quiet the voices in your mind telling you that you can't do it. Soon I was fire-eating on Broadway, eight shows a week. *It's only because I got sober that any of this is possible*, I told myself. I'd been given a second chance.

Then, when I was 34, I went to a fitting and my dress was too tight. “Don't worry, sweetie, I'll get you the next size up,”

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Time becomes more precious when you realize you're running out of it."

Pete, our costume guy, told me. I said okay, but the gain felt weird: My body was chunkier, while my arms and legs were still skinny. I tried to shrug it off; I had other things to worry about. I'd started bursting into tears over anything. I was tired constantly. And then my relationship with Penn ended. We'd been working together and living together, so now I didn't have a job and I didn't have a home, since I had sublet my apartment. I was sleeping on people's couches. It was a dark time, like all the lights were suddenly shutting off.

My body kept changing. I started losing the hair on my head, my periods stopped, the hump appeared. One night after I was back in my apartment, I threw a party for a friend and invited people I hadn't seen in months. When I opened the door, I could see the shock on their faces. And so my universe got tinier. I didn't have a job—the only thing I'd ever done was model, and I clearly couldn't do *that* anymore. Some friends faded slowly away, and others fled. I'd had a very big life, full of abundance and people, and now the phone stopped ringing, my messages went unreturned. I felt like crying out, "Wait, I'm still in here," but I was embarrassing to be around. I couldn't control my body. Once, out to dinner with a friend, I wet myself. She couldn't leave the restaurant fast enough, and I was retreating just as quickly. I became that lady on the sixth floor who never goes out.

In New York City, when you're unemployed and home all day, you get requests: "Do you mind signing for a package?" "Can I have my dry-cleaning delivered?" So I started taking care of people's dogs. Dogs didn't care if I'd gotten fat and had a hump and a beard. They were happy to have

me, and I was happy to have them. I trained them; I fed them; I gave them baths in my tub. I started making them things—I'd always been a crafter. For my friend Jane's dog Puggy, I used a washcloth and old bathrobe of mine to make him a doggie robe with a belt so he wouldn't run around my apartment all wet after his baths. I also noticed that Jane hid his ratty dog bed anytime she had guests, so I made him a beautiful one out of toile fabric. He deserved better. All the dogs did, damnit!

Meanwhile, I kept getting sicker. In a year and a half, I had gained 60 pounds. I was slowly going blind, and my headaches and depression deepened. I'd seen every specialist I could think of, and I no longer knew how to get help, or where. It felt like I was drowning in quicksand. I *knew* I was dying.

Time becomes more precious when you realize you're running out of it. I wanted to matter, to have something to show for what was left of me. My hands still worked, so I kept them busy making dog beds, robes, and toys. I was a shut-in, and dogs gave me a lifeline to the world. I would sleep better with a dog in the house, in the warm presence of someone who didn't judge me, who wanted me to be there as much as I wanted, so desperately, to survive.

Then one day, a friend said to me, "You know, you haven't tried acupuncture." I thought, *I'm circling the drain. What have I got to lose?* I got a recommendation for an acupuncturist, and she spent about two hours with me, looking up my symptoms in her medical books, Chinese and American. At the end, she scribbled a note on a piece of paper, handed it to me, and said, "I think you have something called Cushing disease. It can be fatal, and you need to go to an internist immediately." I dug up the number of the doctor who had done my checkup before I went on Broadway and saw him the next day. He took one look at me and said, "You have Cushing." He just knew—because he'd seen me five years before and I'd looked fine. I mean, *fiine*. He called a brain surgeon and endocrinologist and they confirmed the diagnosis.

Cushing is pretty rare: It happens when a tumor on the pituitary gland makes your body overproduce cortisol, a hormone that helps the body deal with stress. Basically, my body had been in panic mode for a year and a half. Long-term, it causes high blood pressure, weight gain, depression—even the facial hair. I was at an uncommonly advanced stage, and only surgery could save me. Even though doctors confirmed I was dying, it was still the best day of my life, because there was hope.

I had brain surgery within two weeks. When it was over, I came out of the anesthesia crying, so elated that I'd made

Clockwise from left: Carol with her husband, David Rawle, "my knight in shining armor," and their dog; a modeling shot from the early 1990s, when she was on Broadway; treats from the Harry Barker line.



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it through. I still can't believe I survived. I fall apart every time I really talk about it; maybe they're tears of joy—I'm not sure. But I had a clear vision of what I needed to do next: I wanted to work with my hands and be around dogs, the only things that had made me happy during my illness.

So that's what I did. As I hauled myself back and forth to physiotherapy and more doctor's appointments, I also built my business. I had known Gale Epstein, who started the lingerie company Hanky Panky, from my modeling days—she taught me about profit-and-loss statements, hooked me up with her network of sewers, and even helped me choose a name for my company: Harry Barker. When I finally found my own dog—the most beautiful Sheltie, whom I got in 1999—I named him Harry Barker too. Meanwhile, my friend Jane knew a magazine editor who saw Puggy's dog bed and asked if she could shoot it for a story. Little did I know that putting my home phone number in a national magazine wasn't a good idea: I was writing people's orders down on the back of a napkin, practically! For a while, I ran the whole operation out of my apartment, but finally I decided that to really do this seriously, I'd have to move, and I set off for Savannah, GA, to be near my manufacturers.

As I worked, my face and body returned to normal—it was like that camera lens getting back into focus again. I won't lie; it was nice to lose the hump. Mostly I felt enormous gratitude to be able to *function*. The weariness, the depression... having those invisible burdens gone and being able to emerge out of this wreckage of a person was so sweet. The friends I lost, the life I left behind—I was too busy to mourn them. But now I rush to people who are sick. I will sit with them till they draw their last breath, if that's what they want. I know that raw loneliness too well.

Today, Harry Barker is a multimillion-dollar business, and we sell our products in 17 countries. I try to use green and repurposed materials—it's the old juice-bar hippie in me—and I've made it our mission to give back. We've done programs to benefit Canines for Veterans, which helps prisoners and veterans both. If anything, Cushing disease taught me determination: I was determined to live, to do something even as I was dying. And now, if there's something I want to say or do or connect, I truly feel like *no* does not mean *no*. I don't have business training, I never went to college, but I have passion—and that's the key. I'm like that little goat who keeps on climbing up the mountain.

After moving south, I met my husband. To be honest, I was content to be alive and be alone, but I had not given up hope of finding someone—and David is the person I waited my whole life for. He's my knight in shining armor... I just had to rescue myself first. At 45, I was a first-time bride. Harry (my dog) and Josephine (his) fell promptly in love too; they grew old together and died within six months of each other.

I've been given a *second* second chance. I'm making every second of it count. 🐾

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WHYS GUY

8 signs your marriage has changed

There are no engraved invitations to these milestones (thank goodness), but you'll be glad when you reach them. Aaron Traister explains.

There's an upside to getting old, I recently discovered. Staring at my computer has left me blind like a mole, so my wife, Karel, is forced to do most of our night driving. I'm one set of chunky prescription sunglasses away from looking like my grandpa. Meanwhile, Karel blew out her back dancing in the shower (you'd think she would have learned her lesson after the "broken ankle/Nelly/'Hot in Herre'" incident, but no). The result is I now carry in the groceries and take out the trash, not simply because I'm a chivalrous dude but because Karel can't. What's the silver lining? Getting older sucks much less when you realize "in sickness and in health" wasn't just a well-intentioned

unedited Aaron, the one who wears work boots everywhere and thinks *Paul Blart: Mall Cop* is an underappreciated gem of American cinema. I was acutely aware of how important their opinion was to Karel; part of me was worried that if they saw the real me, they'd voice their concerns and she'd split. Getting comfortable with my in-laws meant I was confident in the strength of my relationship with my wife, no longer worried that a potentially bad review would close the show.

He realizes hairy legs aren't so bad. Karel has stopped shaving her legs in the winter because "it's warmer" and "they don't itch as much" when she wears tights. While the younger Aaron would have recoiled in horror at this development, old-man Traister just doesn't care. It makes sense, and I remain just as wildly attracted to her. If she can live with my tank top and hairy shoulders in the summer, I can deal with fuzz on her legs in the winter.

You get home from date night by 10.

Karel and I were out the other night at the seafood shack; everything was going great. Our conversation was scintillating, she looked stunning in a black dress, and I was dashing in my work boots. Romance was in the air, unless that was the smell of fry batter. Either way, it was sexy. Then we got home... at 9:45 p.m. We had to laugh. The ideal date night isn't a lovely meal followed by a Red Bull and a nightcap with rowdy 20-somethings at a grindcore club, whatever that is; it's going home, having sex before 10:30, and then getting a good night's

sleep. Sometimes more is just *more*. Romance and sleep are not mutually exclusive. Life-changing is what that realization is.

Fancy lingerie stays in the drawer. One day, I was rushing to get Karel out of some complicated bit of underwear before Nana and Grumpers dropped the kids back home. I felt a lot of pressure, because all the hooks and ribbons gave the overwhelming impression that I was defusing a super-girly bomb. Her intimates were cutting into our limited time to be intimate. Lesson learned: The human anatomy is one of those things that doesn't need a lot of decoration. It's completely entertaining on its own.



platitude. It's something you're living up to, and you're glad to do it. This got me thinking about the other moments when we realize something major has changed—I'm not talking wedding and childbirth, but the things you may not even notice until after the fact. Take a second and be proud of these:

Your husband acts (and dresses) like himself around your parents. Everyone wants to impress their potential future relatives. I wore a sweater vest and discussed "my career" when I first met Karel's parents. But I didn't have a career, and I found the vest in a movie theater's lost-and-found (true story). It was some time before I let her folks meet

You take care of each other, even during a fight. I don't enjoy fighting with Karel, but the other day I realized we've been doing it for so long that we've gotten good at it. We were arguing about scheduling, and at one point Karel suggested we eat something before we continue the conversation. In our younger days we would have kept trying to win, but now we know each other so well that we can see when we're just tired or hungry. Also, after 12 years, we love each other more than before, so we're better at giving each other a break.

Your partner tells a story you've never heard before. This is an astounding moment. You think you know everything about your partner's past, but *bam*, out comes a story you don't know by heart. After overhearing my kindergartner and my wife discuss the dangers of overeating candy, I discovered that Karel was a full-on candy addict in high school. She ate it in class, in the car, in bed. Apparently she ate candy until her back teeth began to fall apart. I NEVER KNEW THIS. In all these years, I've only known my wife as a natural-food-eating, refined-sugar abstainer. This has totally changed the way I feel when she hassles me about eating an entire bag of chocolate chips while I watch a basketball game. Now I'm patient, because it's not just about me, it's about her, or at least her desire for me to keep all my teeth.

You stop trying to fix imperfections. So many of us go into a relationship secretly thinking, *I'll get that annoying behavior squared away*. While Karel is perfect for me in almost every way, the woman is a slob. She leaves her funky slippers in front of the basement door so I nearly die every time I move laundry, and I regularly find smoothie containers in the sink after all the smoothie has dried into a cakey crust. For years I tried to gently show her the error of her slovenly ways, but when I was moving her gross slippers for the fourth time in a day last week, I realized I haven't hassled her about them in ages, and I didn't feel any urge to. I know it doesn't sound romantic, but it's not failure to give up on solving your husband's inability to move the laundry to the dryer before it mildews. You don't even have to find this stuff endearing. It's the serene acceptance that makes this a marriage milestone. Besides, nothing says "I'll love you forever" like scrubbing three-day-old caked-on smoothie scum from the side of a mason jar. *L'amour!* ®

ASK THE WHYS GUY: My husband rolls his eyes and says nitpicky things about my family, but when I do the same about his, he's really upset. What gives?

I suspect one or both of you are not following the rules regarding complaining to spouses about increasingly irritating and irrational parents. (Side note: Not you guys, Barbara, Dan, Ken, and Betty. You're the best!) If, hypothetically, I were to say that my parents are obviously nuts and maybe hoarders, I would seek validation from Karel—but that doesn't give her license to bring up *fresh* complaints. Once you're both on board with that, complaining about your parents can be a harmonious marital experience. Not that I know this personally.

Want more Aaron? Read his blog at redbookmag.com/aaron. You can also ask him a question of your own by emailing him at redbook@hearst.com (subject: Whys Guy).



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5 ways to have a beautiful life

The things we love most this month prove this for sure: Spring is a time for transformation.

Be more amazed

"We talk about childlike wonder, but I think it's important to have adult-like wonder," says Leigh Ann Henion, whose book *Phenomenal: A Hesitant Adventurer's Search for Wonder in the Natural World* recounts her eye-opening expeditions to see lightning storms in Venezuela, the great migration of wildebeests in the Serengeti, and more. "Let passion and curiosity lead your life," she says. So allow your mind to wander, even if the rest of you can't take time off.

76

Approximate percentage of marriages that have made it at least 10 years

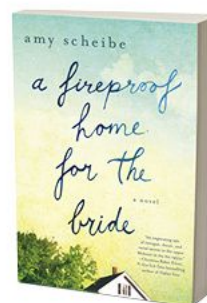
(divorces are most likely by then). You know what that means, right? That whole "50 percent of marriages are doomed to fail" thing is, quite simply, no longer true. Yay, trendsetters!



Seek out awesome sights (wildebeests not required).

GIVE A FAMILY HOPE

Millions of women live on \$1.25 per day, and you can help them make more. "Before, I could not even buy shoes for my children," says Juliette Zida, a widowed mom of six in Burkina Faso who now runs a thriving business selling—yes—shoes in a local market, thanks to Trickle Up. For 35 years, the org has provided training and business grants to women. Plus, any donation you make at trickleup.org from International Women's Day (March 8) until Mother's Day will be matched.



YOUR SPRING-BREAK READ

This is the book that'll remind you to do what feels right to you. The heroine of Amy Scheibe's *A Fireproof Home for the Bride*, set in 1958 Minnesota, senses there's more out there for her than a prescribed marriage. Even though her increasingly bold steps away from her old life take her only as far as Fargo, you'll cheer for how far she's really gone.

SEE CINDERELLA ANEW

Disney's live-action *Cinderella* doesn't stray much from the classic story (no reimagined not-so-evil stepmother here—Cate Blanchett is wicked), but where it does, it's magical. The clothes are phenomenal: The ball gown is sumptuous, and Blanchett stuns in sharply tailored looks. But also, this Cinderella (Lily James of *Downton Abbey*) isn't so much a damsel in distress as a young woman in some tight spots, determined to honor her mother's final words: Be courageous and kind.



**MIND
YOUR
MEDS**



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YOUR MEDICATION?**



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Where families find answers



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SUFFER
FROM CROHN'S OR COLITIS

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HELP SOMEONE
YOU KNOW.
CCFA.ORG

 **CROHN'S & COLITIS**
FOUNDATION OF AMERICA



Colors: Krylon ColorMaster Paint + Primer in Pumpkin Orange and Valspar Spray Paint in Thistle Field

Spray-paint makeovers

With five dollars and some imagination, you can transform just about anything, from tired hand-me-down patio furniture to a sad-looking vinyl desk chair. Turn the page for all the info you'll need to get a perfect result on whatever project you're eyeing. ➤

Spray-paint makeovers

continued...

Choose your own pattern.

Contact paper is the trick to getting a crisp design. Blogger Cassie Freeman of Hi Sugarplum! says to trace your pattern on the paper and cut out the shapes. Spray a base coat of paint, let it dry, then stick the contact-paper shapes on top. Spray the second coat (in this case, white) over everything. Once that's dry, carefully peel off the paper to reveal your masterpiece.



Color: Rust-Oleum Real Orange



Colors: Rust-Oleum Painter's Touch Ultra Cover 2x Spray Paint in Seaside and Sun Yellow

Cheer up your patio. Sarah Hauser of the blog Offbeat + Inspired used bright colors to give an old-school patio furniture set a new life. Her pro tip? The woven seats sucked up more paint than she had expected, so she suggests buying a few extra cans and hanging on to any leftovers—they'll come in handy for touch-ups.

GENIUS GADGETS

The beauty of a spray-paint project is that it's so low-maintenance. But if you want to make the job even easier, snag these at your hardware store.



Get a (better) grip.

For a big project, snap this on your can and grip the trigger to paint. You'll avoid a tired "sprayer finger." (No, that's not a medical term. But it should be.) Spray Can Grip Handle, \$2.87; amazon.com.



Need a lift? You might.

Place whatever you're painting on these little triangles to elevate it off the ground. It'll be easier to access the bottom of whatever you're spraying. Painter's Pyramid, \$5.47 for 10; Home Depot.



Make your own!

Can't find the perfect color for your dining room chairs? Just pour liquid acrylic paint into this gadget and you've got an instant aerosol can. Preval Spray Gun, \$4.97; Home Depot.

Blogger Allison Murray of Dream a Little Bigger painted the seat with special vinyl spray paint, then primed the metal base and painted it gold.



Color:
Rust-Oleum
Automotive
High Heat
2000°F
in Flat Blue



▲ Disguise that black hole of a fireplace with a brightly painted screen like designer Jill Sorensen did here. Just use a high-heat spray paint—it's made for metal and can withstand inferno-like temps.

Luxe-looking laminate: This glossy ▶ surface is notoriously tricky to paint, but Emily May of the blog *Go Haus Go* figured it out. Lightly sand the piece with fine-grit sandpaper until little flecks of fiberboard start to show. Spray on a coat of primer, then a couple of coats of your color.

Color: Rust-Oleum Specialty Farm Equipment Enamel in John Deere Green (No need for super-durable paint—she just loved this classic color.)

5 QUESTIONS TO ASK BEFORE YOU START

1 **How big is my project?** Spray paint works well for smaller D.I.Y.s: side tables, credenzas, bureaus. Karna Bailey, Lowe's vice president of merchandising, also recommends it for pieces with lots of nooks and crannies, e.g., light fixtures, anything with caning. *Never* attempt to spray-paint your walls with a can—you won't get an even coat.

2 Is my area well-ventilated?

Inhaling paint fumes and getting spatter all over your house: both bad ideas. So if it's possible, set up outdoors or in your garage with the door open. Keep the ground clean with a drop cloth or a cardboard box.

3 Do I need to prime before I paint?

For most items, no. All you have to do is wipe off dirt or dust. But for trickier surfaces like high-gloss furniture, bare metal, or plastic, Bailey recommends a quick coat of spray primer if you're not using a paint that's specifically made for that material.

4 **Have I read the directions on the can?** Do so! They'll most likely say two important things. One: Shake the can for at least one minute before using (great arm workout!). And two: Hold the can 8 to 12 inches from the surface and spray long, overlapping stripes. If you're not a spray-paint pro, do a few test sprays on the underside of the project or on a piece of cardboard.

5 Will I need a second coat? Most likely, yes. “Two thin coats are better than one coat too thickly applied, which can cause drips,” says Bailey. Just be sure to wait for the first coat to dry completely to avoid paint ripples on the surface.



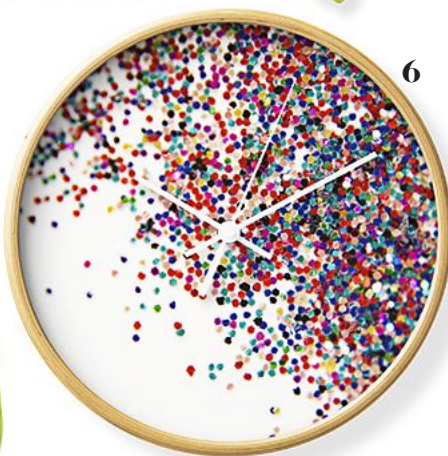


home under \$100

Shake off the gray days with these cheap and wildly cheerful finds.



Each one of these colorful steals equals a



7



STYLIST: CLAIRE TEDALDI AT HALLEY RESOURCES.
BLANKET: DONALD PENNY/STUDIO D. ALL OTHERS:
COURTESY OF MANUFACTURER.

1 Use this ottoman as extra seating, a place to throw your clothes, or a jolt of color in an empty corner. Sophia Tangelo Jojo round ottoman, \$95.99; overstock.com.

2 A retro mailbox that's equally chic outside your front door or in your home office. Postbox, \$35; momastore.org.

3 Mugs too pretty to keep hidden in a cabinet. Underwater floral stacking mugs, \$16.99 for 6; worldmarket.com.

4 Even though it's almost spring, you still need to be cozy. Sfera Burke throw, \$80; bloomingdales.com.

5 Combining baroque details and green lacquer, this mirror is Marie Antoinette meets Jane Jetson. Imap Finely Baroque wall mirror, \$92.15; hayneedle.com.

6 When your clock is full of glitter, it's always party time. Fun II wall clock, \$30; society6.com.

7 Definitely the cutest, wisest choice for a side table: a chubby little owl. Hu Royal Blue ceramic table lamp, \$59.99; lampsplus.com.

8 Pink edging makes the work you'll do at this desk all the more bearable. Micke desk, \$79.99; ikea.com.

9 Made from a piece of a kilim rug, this throw pillow has tons of great texture and character. Kilim 20x20-inch cotton-blended pillow, \$49; onekingslane.com.

10 Adding this beautiful green table next to your bed? Instant room makeover. Green accent table, \$99.99; homegoods.com for stores.

11 Instead of crying when you chop onions, now you'll smile! Cuisinart printed color knife set with blade guards, \$30; amazon.com.

12 Seeing this perky pot will give you the jolt you need to actually *make* your coffee. Discerning Palette 6-cup coffeemaker, \$34.99; modcloth.com.

13 Perfect for a summer full of backyard BBQs. (Yes, it will be summer... someday.) Atlantic outdoor metal tulip dining armchair, \$82.50; wayfair.com.

14 Spice up your dinner table with this striped shaker set. DKNY Urban Essentials stacked salt + pepper set, \$36; soap.com.

major dose of domestic bliss.



at home

the make- ahead dinner party

Some people are born to entertain. Others, like writer Jennifer Breheny Wallace, not so much. This is how she learned to throw a party with no panic, a tiny budget, and amazing food on the table. Steal these tricks and be an awesome instant hostess.

RECIPES BY ABIGAIL KIRSCH PHOTOGRAPHED BY JOHNNY MILLER

SERVE AHEAD

A few days before, count out all your dinnerware. It prevents that mad-dash scramble for getting the table set.

HAIR AND MAKEUP: BLOW HAMPTON.
FOOD STYLIST: FRANK P. MELODIA.
PROP STYLIST: SARAH SMART.



POUR THE WINE

If you're serving red, it's okay to pour it before people arrive. It's one less thing you need to think about come dinnertime.

My husband, Peter, is a warrior in the kitchen. He entertains around our counter, throwing together four-course meals while casually sipping wine and laughing with friends. I, on the other hand, need to read a recipe at least three times, without interruption and in total silence, before it comes out right. *If* it comes out right.

Last year, while hosting a dinner party for eight girlfriends, I was having so much fun that I completely forgot there was something in the oven. I was alerted only by the blaring sound of my smoke alarm. Hence, I spent my next dinner party exiled in the kitchen. I missed out on the fun, including the announcement that a friend was expecting her first child. I *had* to get a grip. So I enlisted the help of New York City caterer Abigail Kirsch, whose company throws hundreds of parties each year, serving notables like President Obama and Meryl Streep. Consulting her may sound drastic, but I am a woman with zero culinary instinct (as in, I didn't know you had to boil potatoes to make a potato salad). Only she could help me produce a delicious, foolproof meal that's also inexpensive, costing less than \$13 per person (not including wine). The road map she devised can be any frazzled woman's guide—the difference between a spectacular evening and a three-alarm fire.



Abigail (politely!) schools Jennie in the art of potato chopping.

YOUR DINNER-PARTY GAME PLAN

1 WEEK OUT: Write down a kitchen schedule, a timetable detailing food preparation in the days leading up to the party, and an hour-by-hour guide for the day itself. (For this menu, go to redbookmag.com/dinnerparty.)

2 DAYS OUT: Shop for the food and buy the wine—a good rule of thumb is half a bottle per person, but get a couple of extra

bottles just in case. Set the table and set up the bar.

DAY OF PARTY: Empty the coat closet. Post the kitchen schedule on the fridge door so you won't lose it, and begin cooking!

5 MINUTES BEFORE: Put out the ice and wine. Dim the lights. Start the music. Light the candles.

PARTY TIME! Pour yourself a big glass of wine and try to relax.

Pear-pom sparklers

Active: 5 minutes

Total: 5 minutes

- 1/2 cup pear nectar**
- 1/2 cup pomegranate juice**
- 1/2 cup ginger ale**
- 1 bottle Prosecco, chilled**

1. In a pitcher, mix together the pear nectar, pomegranate

juice, and ginger ale. Divide equally among 8 champagne flutes. (Each flute should get about 3 Tbsp.)

2. Just before serving, dip the rim of each glass in water, then in sugar. Fill each glass with Prosecco.

Makes 8 cocktails.



SPREADS—YUM!

Serve this bread with a mustardy mayo and pesto. Having your guests serve themselves buys you more time in the kitchen.

Herbed sausage bread

Active: 15 minutes

Total: 1 hour

- 1 lb package pizza dough, defrosted**
- 3 Tbsp olive oil**
- 3/4 lb sweet pork sausage, removed from casing**
- 1 large egg, lightly beaten**
- 1/4 tsp ground cloves**
- 1/4 tsp allspice**
- 1/4 tsp sage**
- Kosher salt and pepper**
- 1 1/4 cups mozzarella, coarsely grated**
- 1/4 cup flour**
- 6 Tbsp grated Parmesan**

1. Heat oven to 325°F. Remove the defrosted pizza dough from the refrigerator.
2. In a medium skillet, heat 1 Tbsp of the olive oil over medium-high heat. Add the sausage and cook, breaking it up into small pieces with the back of a wooden spoon, until browned, about 5 minutes. Place the cooked sausage into a bowl; add the egg, cloves, allspice, sage, 1/4 tsp salt, 1/8 tsp pepper, and mozzarella; combine well.
3. Place the pizza dough on parchment paper dusted with the flour. Roll into a rectangle that is about 10 x

14 in. wide and 1/2 in. thick. Sprinkle 2 Tbsp of the Parmesan over the dough.
4. Spread the sausage mixture over the dough, leaving a 1/2-in. border all around and pressing it into the dough. Working so the long part of the dough rectangle is facing you, tuck in each short side about 1/2 inch (so none of the sausage falls out when you roll it). Then, fold the long side closest to you to the center, and roll the dough away from you into a log. Arrange it so the seam is facing down. Using the parchment to lift the dough, transfer to a baking sheet. Note: Can be made 2 days in advance and refrigerated. Bring to room temperature before baking.
5. Brush the bread with 1 Tbsp of olive oil and dust with remaining Parmesan. Bake until the top is browned, about 40 to 45 minutes. (If the bread is browning too quickly, lightly cover with foil.) Remove from the oven and brush with the remaining olive oil. Cool for 10 minutes on a wire rack, slice, and serve.

Makes 1 loaf of bread (about 12 slices).



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PLAN SMART

Because much of this dish needs to be cooked in real time, choose a side that is totally do-ahead, like the quinoa salad.

temperature is 165°F. Remove the chicken from the skillet and place on a large platter; tent with foil to keep warm. Set the skillet with the glaze mixture over medium-high heat (careful, the handle will be hot!) and bring to a simmer. Reduce the sauce by about a third, until thickened, about 5 minutes. Pour over the chicken. Garnish with the scallions and remaining orange zest, and serve.

Makes 8 servings.

Quinoa and root vegetables

Active: 20 minutes

Total: 40 minutes

4½ cups low-sodium chicken or vegetable broth

1¾ cups quinoa

2 Tbsp butter

1 tsp fresh ginger, minced

1 small or ½ large sweet potato, peeled and cut into ½-in. cubes (about 1 cup)

2 parsnips, peeled into ½-in. cubes (about 1 cup)

1 small onion, chopped (about 1 cup)

2 cups kale, chopped

½ tsp dried sage

Kosher salt and pepper

1. Bring 3½ cups of the broth to a boil in a saucepan. Add the quinoa; return to a boil. Reduce heat and simmer, uncovered, until quinoa is tender but chewy, about 20 minutes. Drain excess liquid.

2. Place the butter in a large skillet over medium heat. Add the ginger, sweet potato, parsnips, onion, and kale. Stir until the vegetables are well coated and begin to brown, about 5 minutes. Add the remaining broth, reduce heat to low, and simmer until the vegetables are tender.

3. Add the quinoa to the veggies and fold to combine. Add the sage, and season with salt and pepper. Note: Can be made 1 day ahead. Bring to room temp and add 2 Tbsp of olive oil if dry.

Makes 8 servings.

Orange-glazed chicken

Active: 20 minutes

Total: 40 minutes

2 cups low-sodium chicken broth

1 cup orange juice

½ cup honey

½ cup hoisin sauce (found in the international aisle of most grocery stores)

⅓ cup dark brown sugar

4 cloves garlic, minced

1 tsp ground ginger

¼ tsp cayenne

3 Tbsp orange zest, divided

1 Tbsp olive oil

8 skinless, boneless chicken breasts (about 6 oz each)

Kosher salt and pepper

¼ cup scallions, finely chopped (only the light and dark green parts)

1. Heat oven to 350°F. In a bowl, whisk the broth, orange juice, honey, hoisin sauce, sugar, garlic, ginger, cayenne, and 2 Tbsp of the orange zest; set aside.

2. Heat the oil in a large ovenproof skillet over medium-

high heat. Season the chicken breasts with salt and pepper.

Place 4 breasts in the heated pan, searing until lightly browned on both sides. Place the chicken on a plate; repeat with the remaining breasts.

3. Place the skillet back on the stove over medium heat; pour in the glaze mixture. Bring to a simmer and cook, stirring, until the mixture is reduced by a third. Return the chicken to the skillet, arranging in a snug, even layer.

4. Place the skillet in the oven and roast the chicken for about 20 minutes, or until the internal



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Spiced apple crisp

Active: 25 minutes
Total: 50 minutes, plus
30 minutes cooling time

FOR THE TOPPING:

- 1/2 cup all-purpose flour
- 1/3 cup light brown sugar
- 1/2 cup rolled oats
- 1/2 cup chopped pecans, walnuts, or almonds
- 7 Tbsp cold unsalted butter

FOR THE FILLING:

- 2 1/2 lbs tart baking apples, like Granny Smith, Braeburn, or Fuji, peeled, cored, and sliced into 3/4-in. chunks
- 1/4 cup butter, melted
- 2/3 cup light brown sugar
- 1/2 tsp each cinnamon, nutmeg, and ground ginger
- 2 Tbsp cornstarch
- 1 lemon, juice and zest

MAKE THE TOPPING:

1. Add the flour, sugar, oats, and nuts to the bowl of a food processor. Pulse a few times to combine. Add the butter and pulse until the mixture resembles a coarse meal. Note: Topping can be made several days in advance and kept airtight in the refrigerator.

MAKE THE FILLING:

2. Heat oven to 375°F; place rack in the middle of oven. Combine the apples, butter, sugar, spices, cornstarch, and lemon juice and zest in a bowl.

TO ASSEMBLE:

3. Place 8 6-oz mason jars or baking dishes on a baking sheet. Divide the apple mixture among the jars, pressing firmly so the filling is approximately 1/2 in. below the rim. Top with the crumbs, creating a 1/2-in. layer of topping. Note: Crisps can be prepared 1 day ahead, covered tightly in plastic and refrigerated. Let the crisps come to room temp before baking.

4. Bake until the apples are tender and the topping is browned, about 25 to 30 minutes. Remove from oven and cool at least 30 minutes before serving. Note: Can be rewarmed in a 250°F oven for 15 minutes.

Makes 8 servings.



DELEGATE!

Have a guest who's eager to contribute? Tell her to bring vanilla ice cream.

ABIGAIL'S DINNER-PARTY DOS AND DON'TS

- Don't apologize for your food. Ever.
- Do learn how to make scrambled eggs. Chances are, a guest will announce
- she's vegetarian at arrival and can't eat your main dish.
- If you're entertaining eight or fewer people, do know where you'd like
- everyone to sit, but don't bother with place cards.
- Don't show your stress, even if you're running late. Take a few gulps of wine and fake it!



nly

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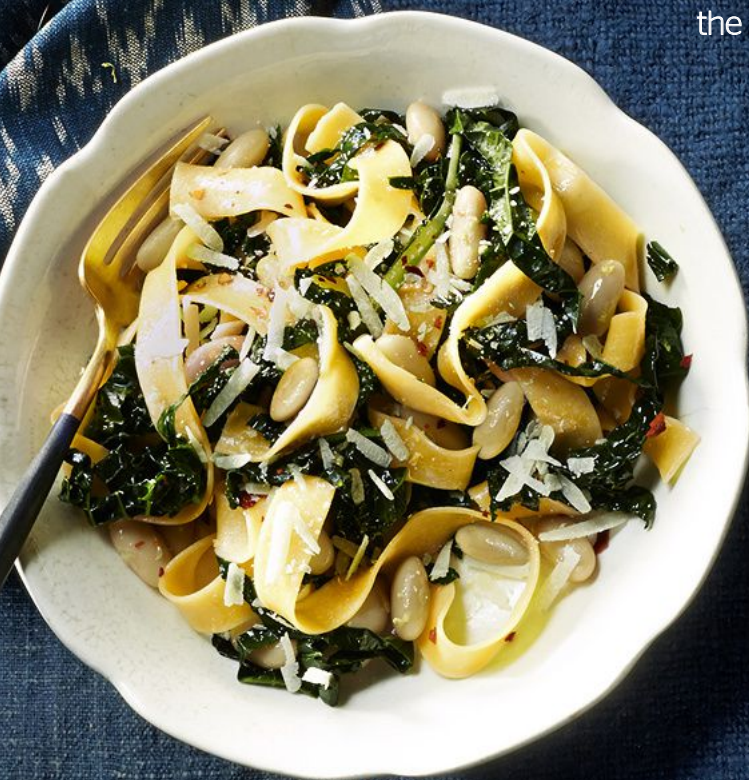
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Healthy-dinner express

Get a tasty, nutritious, warm-your-soul meal in about 30 minutes with the magical power of cannellini beans.



Kale, cannellini, and pappardelle pasta

Active: 15 minutes

Total: 20 minutes

Kosher salt

12 oz pappardelle pasta

2 Tbsp olive oil

2 cloves garlic, sliced

4 cups shredded kale

1 15.5-oz can cannellini beans, drained, rinsed

1 lemon, zested (about 1 Tbsp)

¼ tsp crushed red pepper, or more to taste

Freshly grated pecorino cheese, for serving

1. Bring a large pot of water to a boil; season with the salt. Add the pasta to water and cook according to package

directions. Reserve ½ cup pasta water, drain the pasta, and set aside.

2. Heat the oil in the pot over medium-high heat. Add the garlic and cook until fragrant, about 1 minute. Add the kale and beans and cook until the kale is wilted, about 5 minutes. Add the pasta, lemon zest, crushed red pepper, and ¼ cup of the pasta water; toss until well coated. Add more water, if necessary, until the pasta and vegetables look slick; season with salt. **3.** Serve pasta topped with the grated cheese.

Makes 4 servings. Per serving: 511 cal, 11 g fat (2 g sat fat), 21 g pro, 80 g car, 8 g fiber.

Quick cassoulet with sausage

Active: 20 minutes

Total: 30 minutes

3 Tbsp olive oil, divided

¾ lb chicken sausage, sliced into ½-in. rounds

1 small fennel bulb, cut into ¼-in. wedges

½ small onion, diced

1 small carrot, peeled, diced

2 cloves garlic, minced

1 Tbsp fresh chopped thyme leaves

2 tsp flour

1 15.5-oz can cannellini beans, drained, rinsed

1 14-oz can diced tomatoes, plus juice

Kosher salt and pepper

1 cup roughly chopped crusty bread or ¼ cup store-bought breadcrumbs

1. Heat oven to 400°F. Heat 2 Tbsp of the oil in a large skillet with a

tight-fitting lid. Add the sausage and cook until browned, about 4 minutes. Transfer to a plate.

Add the fennel and cook until it's softened, about 3 minutes.

Add the onion, carrot, garlic, and thyme and cook until veggies are almost tender, about 2 minutes. Add the flour; stir until well coated. Stir in the beans and tomatoes; season with salt and pepper. Cover, reduce heat to medium-low, and cook until the veggies are tender, 8 to 10 minutes. Return the sausage to the pan and cook until heated through, 2 minutes.

2. Meanwhile, in a small bowl, toss the bread and remaining 1 Tbsp oil. Arrange on a baking sheet and bake until golden, 6 to 8 minutes. Top cassoulet with bread and serve.

Makes 4 servings. Per serving: 365 cal, 18 g fat (3 g sat fat), 24 g pro, 29 g car, 8 g fiber.





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Cheerful neon

Collar: Up Country Pink Crush dog collar, \$21; wag.com. Leash: Tropical Orange Braided leash, \$28; kissmymutt.com.



Classic nautical

Collar: Newport dog collar, \$22; harrybarker.com. Leash: Nautical stripe dog leash, \$18; greenbeandog.etsy.com.



Black-and-gold glam

Collar: Chevron metallic gold dog collar, \$30; zaleydesigns.etsy.com. Leash: Classic dog rope leash, \$29.99; dogrope.ca.



Perfectly preppy

Collar: Bowtie dog collar, \$12; chloescollars.etsy.com. Leash: Indigo ombre adjustable rope leash, \$62; foundmyanimal.com.





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at home

5 reasons to adore your home more

We've got the three C's covered: crafts, cocktails, and chocolate-covered bacon. Staying indoors has never felt so right.



GET SPRITZED

Pink drinks scream beach weather, so to get us out of the cold-spring doldrums, Talia

Baiocchi of punchdrink.com suggests making a bicicletta, which tastes summery and bright. Pour 2 oz Campari and 2 oz white wine into a glass,

add ice, top with soda water, and finish with some orange zest. Close your eyes, take a sip, pretend you're poolside, and repeat as often as needed.

Good and good for you

The new trend in wholesome eating is the "health bowl," which is just that—a lot of nutritious stuff all mixed together. The Sprouted Kitchen blogger Sara Forte, whose book *Bowl + Spoon* is devoted to the dish, gave us a rundown of what makes one of these bowls work. "They should be composed

of mostly vegetables, a little bit of a grain and a protein, a garnish like a nut or a seed, and a dressing." And note this: She says, "Have some fun! Mix in cheese, avocado, even leftover meat. Just because it's healthful doesn't mean it can't be delicious."



BECOME A HOUSEHOLD GODDESS

In her new book *Homemakers*, Brit Morin, founder of the lifestyle website Brit + Co, has created a cheat sheet for wannabe decorators. Targeted at people she calls "digitally inclined but domestically incompetent" or for anyone who doesn't have a spare 27 hours to crochet a rug (read: all of us), she's got 438 pages of charts, tips, shortcuts, recipes, and great projects—like this pompom pouf—that serve up major style without maxing out your Visa.

Slam-dunk D.I.Y.s

Do you love crafting but always end up with your hands glued together? Darby Smart is your deliverance. The site sells projects by the box, like this dip-dyed pot kit for \$13, with instructions and supplies. Most projects go for \$25 or less, and we've nabbed an exclusive discount: 25% off with code REDBOOK25 at darbysmart.com.



CHOCOLATE-COVERED BACON. (PLEASE.)

French fries and milk shakes. Caramel and sea salt. Chocolate and bacon? Oh, yes. This perfect pairing comes via pastry pro Fritz Knipschildt's new book *Chocopologie*. Melt ½ lb semisweet chocolate in the microwave; let cool to lukewarm. Cook 1 lb bacon in a large skillet over medium heat until it's crispy but not burnt. (The idea is to remove as much fat as possible.) Drain on paper towels, then, when cool, dip it into the warm chocolate. Transfer to a sheet of parchment; lightly sprinkle with sea salt. Try to let the chocolate set for 1 hour before eating *all* of it.

chunk.



Thicker cookies with chunkier chocolate chunks is the answer. The question doesn't matter.

Shop the issue

PURPLE WORKS ON EVERYONE

Page 33: Yves Saint Laurent Couture Mono **Eyeshadow**, \$30; yslbeautyus.com. Shiseido Shimmering Cream **Eye Color**, \$25; shiseido.com. Nars Dual-Intensity **Eyeshadow**, \$29; narscosmetics.com. Estée Lauder Pure Color Stay-on Shadow Paint **eyeshadow**, \$24; esteelauder.com.

BEAUTY UNDER \$25

Page 35: Sephora Collection Colorful Duo Reflects **eyeshadow**, \$13; sephora.com. Fresh Zodiac Oval **Soap**, \$15; fresh.com. Matrix Oil Wonders Indian Amla **Strengthening Oil**, \$24; matrix.com. 100% Pure **Body Butter**, \$22; 100percentpure.com. Ole Henriksen Aloe Vera Deep **Cleanser**, \$22; sephora.com. Emi-Jay Leather Feather **Barrette**, \$19; emi-jay.com. Topshop Beauty The **Concealer Palette**, \$18; topshop.com. Deborah Lippmann **Nail Lacquer**, \$18; deborahlippmann.com. Robin McGraw Revelation Handy Candy **Wipes**, \$1.99 per pack of 8; robinmcgrawrevelation.com.

BE BRIGHT & BEAUTIFUL

Page 37: Chanel Rouge Coco Ultra Hydrating **Lip Colour**, \$36; chanel.com. Clinique Chubby Stick Sculpting Highlight **luminizer**, \$21; clinique.com.

Page 38: Mally Beauty Effortless Airbrush **Highlighter and Blush Duo**, \$45; ulta.com. Yves Saint Laurent Rouge Pur Couture The Mats **lipstick**, \$35; yslbeautyus.com.

Page 40: Stila Smudge Stick Waterproof **Eye Liner**, \$20; stilacosmetics.com. JINsoon **Nail Lacquer**, \$18; jinsoon.com. Nails Inc Nail Kale **nail polish**, \$14; nailsinc.com.

HOLD UP... IS CHRISTIE BRINKLEY SERIOUSLY 61?!

Page 44: Nars **Blush**, \$30; narscosmetics.com. Gucci Bold High Gloss Lacquer **nail polish**, \$29; gucci.com. Christie Brinkley Authentic Skincare Close Up Instant **Wrinkle Smoother & Treatment**, \$69; kohls.com. Christie Brinkley Authentic Skincare Recapture 360 Night Anti-Aging **Night Treatment**, \$69; kohls.com. Laura Mercier **Eye Pencil**, \$20; lauramercier.com.

5 BEAUTY TRICKS I JUST LEARNED

Page 46: Chloe Love Story **eau de parfum**, \$105; sephora.com. Benefit Roller Lash **mascara**, \$24; benefitcosmetics.com.

FIND YOUR BEST COLORS

Page 50: Gorjana **earrings**, \$40; gorjana.com. Amanda Upchurch **top**, \$172; zappos.com. Earthy Chic Boutique **necklace**, \$35; earthychic.net.
Page 51: Zad **earrings**, \$18; zadretail.com. Autumn Cashmere **dress**, \$340; nordstrom.com. Chanel Rouge Coco Ultra **Hydrating Lip Colour**, \$36; chanel.com.
Page 52: Left: Sequin **earrings**, \$32; sequin-nyc.com. Rachel Rachel Roy **top**, \$69; macys.com. Kendra Scott **necklace**, \$50; kendrascott.com. Right: Banana Republic **top**, \$89.50; bananarepublic.com. Estée Lauder Pure Color Envy Sculpting **Lipstick**, \$30; esteelauder.com. Urban Decay **Eyeshadow**, \$18; urbandecay.com. Sonia Kashuk Velvety Matte **Lip Crayon**, \$7.59; target.com. Nyx Cosmetics Hot Singles **Eyeshadow**, \$4.50; nyxcosmetics.com.
Page 53: Melinda Maria **earrings**, \$48; melindamaria.com. Forever21 **top**, \$17.90; forever21.com. Kendra Scott **ring**, \$65; kendrascott.com. Giorgio Armani **Eye Tint**, \$35; armanibeauty.com.

FOOLPROOF BRIGHTS

Page 74: The Limited **vest**, \$98; thelimited.com. Attention **tank**, \$16.99; kmart.com. Ana Accessories **necklace**, \$19.99; modcloth.com. H&M **scarf**, \$12.95; hm.com. Sequin **bracelet**, \$98; sequin-nyc.com. Kate Spade Saturday **purse**, \$275; saturday.com. Talula **pants**, \$60; aritzia.com. Wanted **sneakers**, \$59.99; wantedshoes.com.
Page 75: A.P.C. **coat**, \$560; apc.fr. Loft **top**, \$69.50; loft.com. Mixit **necklace**, \$32; jcpenny.com. Coach **bangle**, \$115; coach.com. The Limited **skirt**, \$69.95; thelimited.com.
Page 76: Shop Prima Donna **earrings**, \$9.99; shopprimadonna.com. Ted Baker London **jacket**, \$475; tedbaker.com/us. Blaque Label **top**, \$106; shopbop.com. GB **skirt**, \$49; dillards.com. Street Level **clutch**, \$40; triple7global.com. CC Skye **ring**, \$125; glamboutique.com.
Page 77: The 2 Bandits **earrings**, \$98; the2bandits.com. Liz Claiborne **coat**, \$90; jcpenny.com. Fruit of the Loom **sweatshirt**, \$6.94; walmart.com. Coach **necklace**, \$90; coach.com. Street Level **purse**, \$55; triple7global.com. Joe Fresh **jeans**, \$59; joefresh.com. Boden **flats**, \$148; bodenusa.com.
Page 78: Banana Republic **jacket**, \$175; bananarepublic.com. Calvin Klein **dress**, \$160; macys.com. Stella & Bow **necklace**, \$120; stellaandbow.com. Flaca Jewelry **ring**, \$95; flacajewelry.com. Emittations **ring**, \$35; emittations.com. Blaine Bowen **ring**, \$55; blainebowen.com. Botkier **purse**, \$248; botkier.com. Nine West **heels**, \$89; ninewest.com.
Page 79: Kenneth Jay Lane **earrings**, \$150; 877-953-5264. Eloquii **top**, \$58; eloquii.com. Stella & Dot **bracelet**, \$59; stelladot.com. Tracy Reese **skirt**, \$248; nordstrom.com.



Dress this pretty for less! ➤

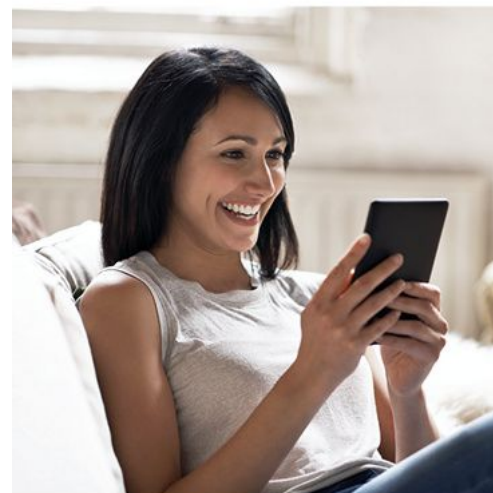
Dress, \$138; bodenusa.com. Sizes 2 to 18. Cuff, Romeo + Juliet, \$44; Jessica's Brands, 212-221-1088. Necklace, \$98; sarahchloe.com (20% off with code HEARTBEAT20). Heels, \$22; lulus.com (20% off with code REDBOOK20).



ANNA'S COVER LOOK

Dress: Issa for Shopbop.com. Necklace: Sarah Chloe. Cuffs: Pamela Love, Irene Neuwirth. Heels: Jimmy Choo. Get Anna's cover look with The Nudes Palette for eyes, Face Studio Master Hi-Light powder in Nude, and Color Sensational Color Elixir Iridescent lipcolor in Pearlescent Peach by Maybelline New York; and Advanced Hairstyle Txt It Tousle Waves Spray by L'Oréal Paris.

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Page 80: Shop Prima Donna **earrings**, \$9.99; shopprimadonna.com. Michael Michael Kors **top**, \$69.50; bloomingdales.com. RJ Graziano **bracelets**: top, \$45, bottom, \$70; rjgraziano.com. Alythea **skirt**, \$49.99; modcloth.com. DKNY **purse**, \$248; dknyc.com. Sole Society **heels**, \$69.95; solesociety.com.

Page 81: 424 Fifth **trench**, \$179; lordandtaylor.com. Old Navy **T-shirt**, \$9.50; oldnavy.com. Earthy Chic **rings**, \$35 and \$125; earthychic.net. Gorjana **ring**, \$65; gorjana.com. Swatch **watch**, \$50; store.swatch.com. Gap **purse**, \$100; gap.com. Jealous Tomatoes **pants**, \$36; makemehic.com. Dolce Vita **flats**, \$130; dolcevita.com.

Sweepstakes Rules

BEAUTY UNDER \$25 SWEEPSTAKES; BE BRIGHT & BEAUTIFUL MAYBELLINE SWEEPSTAKES; BE BRIGHT & BEAUTIFUL MALLY BEAUTY SWEEPSTAKES; BE BRIGHT & BEAUTIFUL NEUTROGENA SWEEPSTAKES; HOLD UP... IS CHRISTIE BRINKLEY SERIOUSLY 61? SWEEPSTAKES; 5 BEAUTY TRICKS I JUST LEARNED SWEEPSTAKES. NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. To enter beginning February 17, 2015, at 12:01 a.m. ET through March 16, 2015, at 11:59 p.m. ET, go to redbookmag.com/freebies on a computer or wireless device and complete and submit the entry form for the sweepstakes of your choice pursuant to the onscreen instructions. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at redbookmag.com/freebies.

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REDBOOK's Hottest Husband 2016, and three (3) recent color photos of your husband (slides or negatives will not be accepted). If entering online, please attach high-resolution JPEGs (at least 300 dpi). Mail entry must be postmarked by July 15, 2015, and received by July 22, 2015. Each regular-mail entry must be typed or printed in ink. Entries become the property of the Sponsor and will not be returned. Must be 18 years of age or old and be a legal resident of the 50 United States, the District of Columbia, or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at redbookmag.com/hothusbands2016.

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Discounts are valid from February 12, 2015, through March 16, 2015, and do not include taxes or shipping. Discounts found throughout the magazine are valid online only, unless otherwise noted. Cannot be combined with any other offers.

Where does your *time* go?

We polled more than 1,000 women—busy ones, just like you—on how they divvy up their hours, and how they really feel about it. Do you relate?

the
#1

THING WOMEN WISH THEY
HAD MORE TIME FOR:

themselves!

47 PERCENT OF YOU
WANT MORE
SOUL-SATISFYING
ALONE TIME.

ONLY 9 PERCENT WANT
MORE SEX, WHICH
WE HOPE MEANS
MOST OF US ARE
ALREADY SATISFIED IN
THE BEDROOM, RIGHT?



SIXTY PERCENT
of women say they don't have
ENOUGH TIME
to get everything done.

The other **FORTY PERCENT** probably
read the question incorrectly. (Kidding!)

TWENTY-NINE PERCENT
DESCRIBE THEIR WEEKENDS AS

✧ **LAZY** ✧

THE SEVENTY-ONE PERCENT
OF US WITH PACKED SCHEDULES
WANT TO KNOW:

**WHAT'S YOUR
SECRET?**

57%

**OF WOMEN CLAIM TO
ALWAYS BE ON TIME.**

(SINCERE APOLOGIES FROM
THE **9%** OF US WHO
SAY WE'RE **ALWAYS LATE**.)

ON A
NORMAL NIGHT,

you sleep...

65%: 6 to 8 hours 😊 **33%:** only 4 to 6 hours ☹️

* **2%** of you said you're too cranky to talk about it.

53%

OF YOU WOULD RATHER HAVE MORE TIME TO **SLEEP** THAN
MORE TIME **AWAKE BEING PRODUCTIVE.**



[High five for honesty—now go back to bed.]

WE GIVE YOU A BETTER NIGHT



You put more carpe in the diem



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